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Alberta Nutritious Food Basket Price Report

June 1997

Alberta

AGRICULTURE, FOOD AND RURAL DEVELOPMENT
Statistics and Production Economics Branch

Alberta Nutritious Food Basket Price Report - June 1997

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Introduction and Methodology

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Objective of the Survey

The purpose of the survey is two-fold:

- a) *In the agri-food sector:* To establish a historical series of retail food prices for several communities across Alberta similar to the Edmonton data series that has been in existence since the 1970s. It is envisaged that, over time, the survey will increasingly provide accurate and reliable regional data on food prices, and total food costs, for use in business analysis and planning.
- b) *In the health care services sector:* To provide data for use in programs involving food security issues, prenatal nutrition programs, programs for people with special nutrition needs such as diabetics, and general nutrition education.

Data Collection

By partnering with Alberta regional health authorities, Alberta Agriculture, Food and Rural Development has been able to collect data in a total of 51 communities over the five quarterly surveys conducted since early last year, with the number of participating communities changing only slightly in each survey.

Regional health authority representatives, all of whom are either registered dietitians or nutritionists, are responsible for collecting the prices at the grocery retail outlets in their communities. Those who are unable to collect the data themselves, utilize the services of trained volunteers and student interns to do the collection. Due to this arrangement, the survey is very economical, and costs very little to the Alberta tax payer.

Publication of the survey

The publication of survey results is governed by the Statistics Act of Canada, which prohibits the disclosure of confidential information. Specifically, the relevant section of the Act reads as follows:

no person who has been sworn under section 6 shall disclose or knowingly cause to be disclosed, by any means, any information obtained under this Act in such a manner that it is possible from the disclosure to relate the particulars obtained from any individual return to any identifiable individual person, business or organization.

The Act, therefore requires that all information gathered in the food price survey be kept confidential. To meet this requirement, food costs shown in this report represent weighted average prices of several retail stores, gathered on the same day. These prices have been

converted to a unit price per food category and then multiplied by the number of units required to meet nutrient needs for each age-gender group to determine the weekly average food costs. The weekly average food costs shown by age-gender group provide a series of benchmark food costs for several communities and areas across Alberta, and cannot be directly related to store prices in any community.

Comparisons

Now that we have data on five dates spanning two years for 51 communities throughout Alberta, we can make some comparisons for those communities which have participated in all five surveys. Of the 27 communities collecting prices in this fifth survey, 3 communities were pricing for the first time and 24 of the communities had priced in at least one other of the five surveys. It is important to note that these food costs should not be used as a tool for comparing one community with another, but rather to compare costs within a given community over time.

Factors in Selecting the Food Basket

Analysing the cost of a nutritious food basket is complex. It is not simply a matter of pricing a list of foods in various retail stores. Developing a realistic basket of foods involves balancing several important factors:

- Quantities of food must meet nutrient needs.
- The basket must reflect the food consumption patterns for most of the population in the geographic area.
- Tracking food prices over time means that the foods selected must be available in all the stores, all the time.
- Limitations on the resources (time, money) of those gathering price data.

These factors put limitations on the brand names, package sizes, and types of fresh foods chosen for the basket. In several instances, foods were selected for pricing that would represent a group of foods, so that users could substitute another similar food and be reasonably confident that the cost and the nutritive value would be much the same. For example, canned corn represents all canned vegetables, and oatmeal cookies represent dessert-type bakery products. We recognize that some foods included in the basket may not be the most nutritious or most economical choice a shopper could make, but they reflect the realities of consumption patterns. Sometimes the quantities of food may not reflect individual eating patterns, but the quantities are consistent with Canada's Food Guide to Healthy Eating. Nutrient Quality and Quantities of food were calculated based on the numbers of servings recommended by the guide. A detailed calculation was done for several key nutrients such as calcium and vitamin C to ensure that the basket would meet basic nutrient requirements.

Calculating the Dollars Needed for Each Age-Gender Group

For each age-gender group we calculated the number of units needed to meet nutrient needs, then multiplied by the unit price for each food category in the basket. We made no assumptions regarding "economy of scale" nor have we factored in any margins for food spoilage or waste.

About the Appendices

Appendix A lists the foods selected for the Alberta Nutritious Food Basket.

Appendix B lists the quantities of foods needed by each age-gender group.

For More Information

Maureen Wenger, Research Assistant with Alberta Agriculture, Food and Rural Development, is responsible for all aspects of the food pricing, for preparing the information packages used in the price survey, and for the analysis, presentation and distribution of the data. Linda St. Onge, Food Scientist and Nutritionist, is responsible for the nutrition aspects of the food basket. We would like to express our sincere appreciation for the cooperation of the health authorities serving the areas in which the pricing was completed.

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Nutrition Tips

Nutritious Food Basket Price Report

Give Thanks for Turkey

Roast stuffed turkey is a traditional Thanksgiving feast - and we all look forward to a special meal with family and friends. No one wants to spoil the holiday with a case of food-borne illness caused by careless handling or cooking, so here's a review of some safe food handling tips.

Thawing a Frozen Turkey

If you buy a **fresh** turkey, remove the giblets (usually packed in the cavity in a small bag), refrigerate, and use those within two days. The turkey should be kept in the coldest part of the refrigerator and cooked within three days. If you buy a **frozen** turkey, keep it in the original wrapping in the freezer until it's time to thaw it out. Whole turkeys can be kept for up to one year; turkey parts for six months. There are **two safe ways to thaw turkey**:

✓ **Refrigerator** - leave the turkey in the original wrapping and allow 10 hours per kilogram or 5 hours per pound. It takes 4 to 5 days to thaw a medium-sized turkey. Cook it within two days.

✓ **Cold Water Method** - leave the turkey in the original wrapping and cover with cold water. Change the water every hour or two. Allow two hours per kilogram (1 hour per pound) to thaw.

Handling

Turkey provides an ideal environment for bacteria to grow. Be sure your hands, work surfaces and utensils are clean. Never put cooked meat onto a surface or plate that held raw meat until after that surface is cleaned.

Stuffing

You can prepare your stuffing the night before, but **don't stuff the turkey cavity until just before you put it into the oven**. It takes a long time for the heat to get to the middle of such a large mass, and meanwhile bacteria could grow to dangerous

levels. You may prefer to cook the stuffing in a separate container. If so, you'll probably need to add extra moisture (water, milk, or broth) as it cooks.

Cooking the Turkey

The best oven temperature for turkey is 325 degrees Fahrenheit. A higher temperature may cause shrinking and toughening. A lower temperature is unsafe. It takes too long to reach a high enough temperature to kill bacteria, and you could have a serious problem. Don't interrupt the cooking time - never partially cook early in the day to complete later. This provides a long stretch of time at ideal temperatures for bacteria to grow.

How Long to Cook?

We often overcook turkey. Even a very large bird (9 to 11 kg.) will be cooked in 6 to 7 hours. A 4.5 to 5.5 kg turkey requires about 4 to 4 ½ hours; while a small one (2 - 3 kg) needs about 3 to 3 ½ hours. The best test for doneness is to use a meat thermometer. A stuffed turkey will be done at 180 degrees F. Put the thermometer into the thickest part of the breast. Check to see if the leg bone moves easily when twisted. The juices should run clear - no pink.

After Dinner Care

Turkey should never sit at room temperature. Remove all the stuffing, and refrigerate it and the turkey as soon as you've served your main course. Later you can remove the meat from the bones, and wrap it for delicious meals later in the week. Cooked turkey will keep up to 4 days in the refrigerator or 3 months in the freezer.

A Small Family Can Enjoy Turkey

Try turkey parts - a rolled breast or thighs. For some delicious recipe ideas, contact:

Alberta Turkey Producers
8711 A - 50 Street
Edmonton, T6B 1E7

Nutrition Tips

Nutritious Food Basket Price Report

Four for Lunch

Summer's over. School's back in, and parents are back to work after a summer break.

Everyone in your household may be packing lunches, and with so many evening activities to get to, supper might be an eat-on-the-run meal. It's important to make your lunch nourishing because it might be the main meal of your day. Be sure to include all four food groups: Meat, Milk, Vegetables and Fruit, and Grain Products.

Make a Plan

If you have access at school or work to refrigerator space and a microwave, your plan could be as simple as last night's suppertime leftovers. Or better yet, make double batches of your favourite stews, soups, or casseroles and freeze in individual containers. Other make-ahead ideas include sandwich fillings. You can freeze fillings made of meat, poultry, or fish. Prepare the entire sandwich if you prefer, and freeze individually wrapped. Add a lettuce leaf or slice of cheese when you pack your lunchbag. You'll find many foods available in individual sized portion packs - juice, fruit, puddings, soups, and more. Include some of these convenient items on your grocery list.

Here are a few ideas for easy-to-carry foods from each food group.

Milk: Children need 3-4 servings per day; adults need 2-3 servings.

- ✓ Fluid milk in a carton or reusable container.
- ✓ Cheese cubes or processed slices
- ✓ Yogurt
- ✓ Milk puddings - individual servings or carry your own in a small container
- ✓ Cream soups that you can carry in a vacuum flask, or make in a microwave at noontime.

Meat & Alternatives: 2 - 3 Servings per day

- ✓ Meat, fish, poultry, peanut butter or egg sandwiches. Be sure to keep them cold.

- ✓ A stew, casserole, or other main dish that you can heat at lunchtime.
- ✓ Legumes such as beans, lentils, chickpeas. Many hot dishes or salads include legumes, and they carry well.

Vegetables & Fruit: 5 - 10 servings per day

- ✓ Pack any fresh fruit in season, or try one of the individual cans of fruit.
- ✓ Veggie sticks
- ✓ Lettuce, tomato, or cucumber to add to a sandwich
- ✓ Add an extra piece of fruit for a snack.
- ✓ Juice - carry your own container or look for the small cartons.

Grain Products: 5 - 12 servings per day

- ✓ There are so many varieties of bread and buns available for sandwiches that you'll never be bored!
- ✓ Choose whole grain crackers with soup
- ✓ Pack a muffin for a midday snack

Lunch Box Safety

If you carry the same box or bag back and forth, keep it washed. Bacteria grow very quickly at room temperature. If you don't have a refrigerator at work or school, pack something in your lunch to keep everything else cold. Try the small freezer packs, or pack a sandwich or juice carton that's frozen. By noon it will be thawed. If you use a vacuum flask, such as a Thermos, make sure it will keep things hot for several hours. Use a thermometer to check the temperature - it should be at least 140 degrees Fahrenheit, but hotter is better.

Make every meal a healthy meal. Include at least one food from each of the four food groups. Choose foods that are lower in fat. Keep your food safe by keeping it cold - and enjoy a relaxing break!

Nutrition Tips

Nutritious Food Basket Price Report

Grocery Shopping: Who Chooses What?

Shopping for food is something that all of us do at one time or another. Those in the industry work at making it a pleasant experience - and they're successful. A recent survey shows that 47% of grocery shoppers enjoy it, while only 19% dislike grocery shopping - down from 29% who disliked grocery shopping last year.

Are You an Average Shopper??

The "average" main grocery shopper is a married woman in her forties with two children at home. She is employed, and spends about \$90 on each grocery shopping trip, which probably takes 45 minutes on Thursday or Friday. The money spent on groceries doesn't vary much with income - families who earn less than \$35,000 per year spend about the same as those earning more.

If You're not Average, Who are You?

Only 15% of all main grocery shoppers are men. The average age of grocery shoppers tends to be a little older than the average age of the population in general. For example, 12% of the adult population consists of females under 25 but only 4% of shoppers are females under 25. This information tells the industry that most adults probably don't do much grocery shopping until they're older than 25. On the other hand, seniors make up a larger proportion of shoppers than the proportions of seniors in the total population. That means that grocery manufacturers and retailers will develop products and services for older shoppers. Large print on shelf tags, courtesy clerks to carry bags out, and small cafe areas are examples.

Canadians Enjoy Cooking and Eating

Almost 7 in 10 of those surveyed say they enjoy cooking and eating. This is particularly true for young couples. Canadians like to try foods typical of other countries. Many of us do so when we eat out, but about 6 of 10 shoppers would buy food similar to ethnic restaurants that we can prepare at home. More than half of all shoppers would buy Chinese and Italian food, with the next most popular group being Mexican and Greek (one in three shoppers). We can expect to see an expanding selection of ethnic food ingredients to meet this market niche.

Twenty-five per cent of shoppers say they trust brand names, up from 15% last year. Half of all the items they purchased were well known brands. It seems to be very difficult to coax consumers to buy products they've never bought before.

Nutrition and Package Labelling

A little over half of the shoppers, particularly the younger ones, feel their diets could be more nutritious.

Fat remains the most important nutrition concern, followed by calories. Sugar is a distant third. Consumers want to see an ingredient list. One major concern for the industry is that many shoppers, particularly older ones, have difficulty reading the label and understanding the information. Labelling is regulated by the government and grocery manufacturers will probably look for additional ways to tell consumers about their products. Several producer groups in Alberta already do so. We have the Dairy Nutrition Council, the Beef Information Centre, the Pork Producers, Turkey Producers, Chicken Producers, Canola Commission, Potato Growers - all of whom provide nutrition information as well as storage, handling, and preparation ideas.

NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR BLAIRMORE, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.70	0.33	3.22	0.18	2.39	0.68	1.09	0.21	2.60	0.36	0.07	15.83
2-3 years	5.06	0.44	3.22	0.18	3.76	0.68	1.09	0.30	2.73	0.36	0.07	17.88
4-6 years	6.87	0.44	4.02	0.53	4.44	1.28	1.57	0.61	3.12	0.54	0.21	23.63
Boy												
7-9 years	6.14	0.44	4.02	0.88	5.81	1.45	1.70	0.51	3.38	0.89	0.43	25.66
10-12 years	7.95	0.44	4.29	0.88	6.15	1.45	1.91	0.53	4.16	1.07	0.57	29.40
13-15 years	8.67	0.55	4.29	0.88	6.84	1.45	2.32	0.69	4.55	1.25	0.57	32.06
16-18 years	8.67	0.66	6.98	0.88	7.86	1.45	2.59	0.82	4.94	1.43	0.64	36.92
Girl												
7-9 years	6.14	0.44	4.02	0.70	4.79	1.45	1.70	0.43	3.25	0.71	0.29	23.93
10-12 years	7.23	0.44	4.02	0.70	5.47	1.45	1.70	0.46	3.38	0.89	0.43	26.18
13-15 years	7.59	0.44	4.29	0.88	5.64	1.45	2.18	0.48	4.42	0.71	0.43	28.51
16-18 years	7.59	0.44	4.56	0.88	5.47	1.45	2.18	0.45	4.29	0.71	0.29	28.30
Man												
19-24 years	7.95	0.66	6.98	0.88	7.18	1.62	2.59	0.79	4.29	1.25	0.50	34.68
25-49 years	5.78	0.66	6.98	0.88	7.18	1.62	2.59	0.96	4.29	1.07	0.29	32.29
50-74 years	5.06	0.55	5.10	0.88	5.47	1.62	2.59	0.53	4.29	1.07	0.36	27.51
75+ years	5.06	0.44	5.10	0.70	5.64	1.62	1.98	0.46	4.55	0.71	0.29	26.55
Woman												
19-24 years	6.14	0.44	6.44	0.88	5.47	1.62	1.91	0.45	4.29	0.71	0.29	28.63
25-49 years	5.06	0.33	6.44	0.88	4.79	1.62	1.91	0.38	4.29	0.71	0.21	26.62
50-74 years	5.06	0.33	4.83	0.70	4.10	1.62	1.91	0.36	4.29	0.71	0.21	24.13
75+ years	4.70	0.33	4.29	0.70	3.42	1.62	1.91	0.33	4.29	0.54	0.21	22.34
Pregnancy(b,c)												
Trimester 1	8.67	0.44	4.83	0.88	5.30	1.62	2.18	0.33	4.29	0.54	0.21	29.29
Trimester 2	8.67	0.44	4.83	1.05	5.47	1.62	2.18	0.36	4.29	0.71	0.21	29.85
Trimester 3	8.67	0.44	4.83	1.05	5.47	1.62	2.18	0.36	4.29	0.71	0.21	29.85
Lactation(c)	9.03	0.44	5.90	0.88	5.47	1.79	2.18	0.40	4.29	0.71	0.29	31.38
Family of Four (d)	25.65	1.98	21.73	3.33	23.59	6.13	8.52	2.46	16.40	3.75	1.36	114.89

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch
Alberta Agriculture, Food & Rural Development, (403) 422-2903

NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR FORT MCLEOD, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	5.02	0.43	3.20	0.19	2.42	0.72	1.42	0.45	2.78	0.39	0.08	17.10
2-3 years	5.41	0.57	3.20	0.19	3.80	0.72	1.42	0.62	2.92	0.39	0.08	19.32
4-6 years	7.34	0.57	4.00	0.57	4.49	1.35	2.04	1.27	3.34	0.59	0.25	25.80
Boy												
7-9 years	6.56	0.57	4.00	0.95	5.87	1.52	2.22	1.06	3.62	0.98	0.50	27.86
10-12 years	8.49	0.57	4.27	0.95	6.22	1.52	2.49	1.10	4.45	1.18	0.66	31.90
13-15 years	9.27	0.71	4.27	0.95	6.91	1.52	3.02	1.44	4.87	1.37	0.66	35.00
16-18 years	9.27	0.86	6.93	0.95	7.95	1.52	3.38	1.72	5.29	1.57	0.74	40.17
Girl												
7-9 years	6.56	0.57	4.00	0.76	4.84	1.52	2.22	0.89	3.48	0.79	0.33	25.96
10-12 years	7.72	0.57	4.00	0.76	5.53	1.52	2.22	0.96	3.62	0.98	0.50	28.38
13-15 years	8.11	0.57	4.27	0.95	5.70	1.52	2.84	1.00	4.73	0.79	0.50	30.97
16-18 years	8.11	0.57	4.53	0.95	5.53	1.52	2.84	0.93	4.59	0.79	0.33	30.69
Man												
19-24 years	8.49	0.86	6.93	0.95	7.26	1.70	3.38	1.65	4.59	1.37	0.58	37.76
25-49 years	6.18	0.86	6.93	0.95	7.26	1.70	3.38	1.99	4.59	1.18	0.33	35.34
50-74 years	5.41	0.71	5.06	0.95	5.53	1.70	3.38	1.10	4.59	1.18	0.41	30.03
75+ years	5.41	0.57	5.06	0.76	5.70	1.70	2.58	0.96	4.87	0.79	0.33	28.73
Woman												
19-24 years	6.56	0.57	6.40	0.95	5.53	1.70	2.49	0.93	4.59	0.79	0.33	30.84
25-49 years	5.41	0.43	6.40	0.95	4.84	1.70	2.49	0.79	4.59	0.79	0.25	28.63
50-74 years	5.41	0.43	4.80	0.76	4.15	1.70	2.49	0.76	4.59	0.79	0.25	26.11
75+ years	5.02	0.43	4.27	0.76	3.46	1.70	2.49	0.69	4.59	0.59	0.25	24.24
Pregnancy(b,c)												
Trimester 1	9.27	0.57	4.80	0.95	5.36	1.70	2.84	0.69	4.59	0.59	0.25	31.61
Trimester 2	9.27	0.57	4.80	1.14	5.53	1.70	2.84	0.76	4.59	0.79	0.25	32.23
Trimester 3	9.27	0.57	4.80	1.14	5.53	1.70	2.84	0.76	4.59	0.79	0.25	32.23
Lactation(c)	9.65	0.57	5.86	0.95	5.53	1.88	2.84	0.82	4.59	0.79	0.33	33.83
Family of Four (d)	27.41	2.57	21.59	3.62	23.85	6.46	11.11	5.12	17.53	4.12	1.57	124.94

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch
Alberta Agriculture, Food & Rural Development, (403) 422-2903

NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR LETHBRIDGE, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.78	0.38	3.09	0.19	2.40	0.70	1.51	0.55	2.90	0.38	0.08	16.97
2-3 years	5.15	0.51	3.09	0.19	3.77	0.70	1.51	0.77	3.05	0.38	0.08	19.20
4-6 years	6.99	0.51	3.87	0.56	4.46	1.31	2.17	1.58	3.48	0.57	0.25	25.74
Boy												
7-9 years	6.25	0.51	3.87	0.93	5.83	1.48	2.36	1.32	3.77	0.96	0.49	27.78
10-12 years	8.09	0.51	4.12	0.93	6.17	1.48	2.65	1.36	4.64	1.15	0.66	31.77
13-15 years	8.83	0.64	4.12	0.93	6.86	1.48	3.21	1.79	5.08	1.34	0.66	34.93
16-18 years	8.83	0.77	6.70	0.93	7.89	1.48	3.59	2.13	5.51	1.53	0.74	40.10
Girl												
7-9 years	6.25	0.51	3.87	0.74	4.80	1.48	2.36	1.11	3.63	0.76	0.33	25.85
10-12 years	7.35	0.51	3.87	0.74	5.49	1.48	2.36	1.19	3.77	0.96	0.49	28.22
13-15 years	7.72	0.51	4.12	0.93	5.66	1.48	3.03	1.23	4.93	0.76	0.49	30.88
16-18 years	7.72	0.51	4.38	0.93	5.49	1.48	3.03	1.15	4.79	0.76	0.33	30.57
Man												
19-24 years	8.09	0.77	6.70	0.93	7.20	1.66	3.59	2.04	4.79	1.34	0.58	37.68
25-49 years	5.88	0.77	6.70	0.93	7.20	1.66	3.59	2.47	4.79	1.15	0.33	35.47
50-74 years	5.15	0.64	4.90	0.93	5.49	1.66	3.59	1.36	4.79	1.15	0.41	30.06
75+ years	5.15	0.51	4.90	0.74	5.66	1.66	2.74	1.19	5.08	0.76	0.33	28.72
Woman												
19-24 years	6.25	0.51	6.19	0.93	5.49	1.66	2.65	1.15	4.79	0.76	0.33	30.70
25-49 years	5.15	0.38	6.19	0.93	4.80	1.66	2.65	0.98	4.79	0.76	0.25	28.53
50-74 years	5.15	0.38	4.64	0.74	4.12	1.66	2.65	0.94	4.79	0.76	0.25	26.07
75+ years	4.78	0.38	4.12	0.74	3.43	1.66	2.65	0.85	4.79	0.57	0.25	24.22
Pregnancy(b,c)												
Trimester 1	8.83	0.51	4.64	0.93	5.32	1.66	3.03	0.85	4.79	0.57	0.25	31.36
Trimester 2	8.83	0.51	4.64	1.12	5.49	1.66	3.03	0.94	4.79	0.76	0.25	32.00
Trimester 3	8.83	0.51	4.64	1.12	5.49	1.66	3.03	0.94	4.79	0.76	0.25	32.00
Lactation(c)	9.19	0.51	5.67	0.93	5.49	1.83	3.03	1.02	4.79	0.76	0.33	33.55
Family of Four (d)	26.11	2.30	20.88	3.53	23.67	6.28	11.82	6.34	18.27	4.01	1.56	124.78

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch
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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR MILK RIVER, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.90	0.45	3.40	0.20	2.54	0.68	1.57	0.56	2.76	0.41	0.09	17.56
2-3 years	5.28	0.60	3.40	0.20	3.99	0.68	1.57	0.78	2.90	0.41	0.09	19.90
4-6 years	7.17	0.60	4.24	0.61	4.72	1.27	2.26	1.60	3.32	0.62	0.28	26.66
Boy												
7-9 years	6.41	0.60	4.24	1.01	6.17	1.44	2.45	1.34	3.59	1.03	0.55	28.83
10-12 years	8.30	0.60	4.53	1.01	6.53	1.44	2.75	1.38	4.42	1.23	0.74	32.92
13-15 years	9.05	0.75	4.53	1.01	7.26	1.44	3.34	1.81	4.84	1.44	0.74	36.19
16-18 years	9.05	0.89	7.36	1.01	8.35	1.44	3.73	2.16	5.25	1.64	0.83	41.71
Girl												
7-9 years	6.41	0.60	4.24	0.81	5.08	1.44	2.45	1.12	3.45	0.82	0.37	26.80
10-12 years	7.54	0.60	4.24	0.81	5.81	1.44	2.45	1.21	3.59	1.03	0.55	29.27
13-15 years	7.92	0.60	4.53	1.01	5.99	1.44	3.14	1.25	4.70	0.82	0.55	31.95
16-18 years	7.92	0.60	4.81	1.01	5.81	1.44	3.14	1.16	4.56	0.82	0.37	31.64
Man												
19-24 years	8.30	0.89	7.36	1.01	7.62	1.61	3.73	2.07	4.56	1.44	0.64	39.23
25-49 years	6.03	0.89	7.36	1.01	7.62	1.61	3.73	2.50	4.56	1.23	0.37	36.92
50-74 years	5.28	0.75	5.38	1.01	5.81	1.61	3.73	1.38	4.56	1.23	0.46	31.19
75+ years	5.28	0.60	5.38	0.81	5.99	1.61	2.85	1.21	4.84	0.82	0.37	29.74
Woman												
19-24 years	6.41	0.60	6.79	1.01	5.81	1.61	2.75	1.16	4.56	0.82	0.37	31.89
25-49 years	5.28	0.45	6.79	1.01	5.08	1.61	2.75	0.99	4.56	0.82	0.28	29.62
50-74 years	5.28	0.45	5.09	0.81	4.36	1.61	2.75	0.95	4.56	0.82	0.28	26.95
75+ years	4.90	0.45	4.53	0.81	3.63	1.61	2.75	0.86	4.56	0.62	0.28	24.99
Pregnancy(b,c)												
Trimester 1	9.05	0.60	5.09	1.01	5.63	1.61	3.14	0.86	4.56	0.62	0.28	32.44
Trimester 2	9.05	0.60	5.09	1.21	5.81	1.61	3.14	0.95	4.56	0.82	0.28	33.12
Trimester 3	9.05	0.60	5.09	1.21	5.81	1.61	3.14	0.95	4.56	0.82	0.28	33.12
Lactation(c)	9.43	0.60	6.22	1.01	5.81	1.78	3.14	1.03	4.56	0.82	0.37	34.77
Family of Four (d)	26.78	2.68	22.92	3.84	25.05	6.10	12.27	6.43	17.41	4.31	1.75	129.53

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR PINCHER CREEK, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.49	0.37	2.78	0.17	2.39	0.71	1.29	0.36	2.75	0.39	0.08	15.77
2-3 years	4.83	0.50	2.78	0.17	3.75	0.71	1.29	0.49	2.89	0.39	0.08	17.88
4-6 years	6.56	0.50	3.47	0.52	4.44	1.33	1.86	1.01	3.30	0.59	0.23	23.80
Boy												
7-9 years	5.87	0.50	3.47	0.86	5.80	1.51	2.02	0.85	3.57	0.98	0.45	25.89
10-12 years	7.59	0.50	3.70	0.86	6.14	1.51	2.26	0.88	4.40	1.18	0.61	29.63
13-15 years	8.28	0.62	3.70	0.86	6.83	1.51	2.75	1.15	4.81	1.38	0.61	32.49
16-18 years	8.28	0.74	6.01	0.86	7.85	1.51	3.07	1.37	5.22	1.57	0.68	37.18
Girl												
7-9 years	5.87	0.50	3.47	0.69	4.78	1.51	2.02	0.71	3.43	0.79	0.30	24.07
10-12 years	6.90	0.50	3.47	0.69	5.46	1.51	2.02	0.77	3.57	0.98	0.45	26.33
13-15 years	7.25	0.50	3.70	0.86	5.63	1.51	2.59	0.80	4.67	0.79	0.45	28.74
16-18 years	7.25	0.50	3.93	0.86	5.46	1.51	2.59	0.74	4.53	0.79	0.30	28.46
Man												
19-24 years	7.59	0.74	6.01	0.86	7.17	1.69	3.07	1.32	4.53	1.38	0.53	34.89
25-49 years	5.52	0.74	6.01	0.86	7.17	1.69	3.07	1.59	4.53	1.18	0.30	32.67
50-74 years	4.83	0.62	4.39	0.86	5.46	1.69	3.07	0.88	4.53	1.18	0.38	27.90
75+ years	4.83	0.50	4.39	0.69	5.63	1.69	2.34	0.77	4.81	0.79	0.30	26.74
Woman												
19-24 years	5.87	0.50	5.55	0.86	5.46	1.69	2.26	0.74	4.53	0.79	0.30	28.55
25-49 years	4.83	0.37	5.55	0.86	4.78	1.69	2.26	0.63	4.53	0.79	0.23	26.52
50-74 years	4.83	0.37	4.16	0.69	4.10	1.69	2.26	0.60	4.53	0.79	0.23	24.25
75+ years	4.49	0.37	3.70	0.69	3.41	1.69	2.26	0.55	4.53	0.59	0.23	22.51
Pregnancy(b,c)												
Trimester 1	8.28	0.50	4.16	0.86	5.29	1.69	2.59	0.55	4.53	0.59	0.23	29.27
Trimester 2	8.28	0.50	4.16	1.03	5.46	1.69	2.59	0.60	4.53	0.79	0.23	29.86
Trimester 3	8.28	0.50	4.16	1.03	5.46	1.69	2.59	0.60	4.53	0.79	0.23	29.86
Lactation(c)	8.63	0.50	5.09	0.86	5.46	1.87	2.59	0.66	4.53	0.79	0.30	31.27
Family of Four (d)	24.50	2.23	18.74	3.27	23.55	6.40	10.10	4.09	17.31	4.13	1.44	115.76

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR TABER, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.56	0.39	3.55	0.21	2.32	0.78	1.37	0.43	3.04	0.38	0.08	17.11
2-3 years	4.91	0.52	3.55	0.21	3.64	0.78	1.37	0.60	3.20	0.38	0.08	19.23
4-6 years	6.66	0.52	4.44	0.63	4.30	1.46	1.97	1.23	3.65	0.56	0.24	25.68
Boy												
7-9 years	5.96	0.52	4.44	1.05	5.62	1.66	2.14	1.03	3.96	0.94	0.48	27.81
10-12 years	7.71	0.52	4.74	1.05	5.95	1.66	2.39	1.06	4.87	1.13	0.64	31.74
13-15 years	8.41	0.65	4.74	1.05	6.62	1.66	2.91	1.39	5.33	1.32	0.64	34.72
16-18 years	8.41	0.78	7.70	1.05	7.61	1.66	3.25	1.66	5.79	1.51	0.72	40.14
Girl												
7-9 years	5.96	0.52	4.44	0.84	4.63	1.66	2.14	0.86	3.81	0.75	0.32	25.94
10-12 years	7.01	0.52	4.44	0.84	5.29	1.66	2.14	0.93	3.96	0.94	0.48	28.22
13-15 years	7.36	0.52	4.74	1.05	5.46	1.66	2.74	0.96	5.18	0.75	0.48	30.90
16-18 years	7.36	0.52	5.03	1.05	5.29	1.66	2.74	0.90	5.02	0.75	0.32	30.66
Man												
19-24 years	7.71	0.78	7.70	1.05	6.95	1.85	3.25	1.59	5.02	1.32	0.56	37.80
25-49 years	5.61	0.78	7.70	1.05	6.95	1.85	3.25	1.93	5.02	1.13	0.32	35.60
50-74 years	4.91	0.65	5.63	1.05	5.29	1.85	3.25	1.06	5.02	1.13	0.40	30.26
75+ years	4.91	0.52	5.63	0.84	5.46	1.85	2.48	0.93	5.33	0.75	0.32	29.03
Woman												
19-24 years	5.96	0.52	7.11	1.05	5.29	1.85	2.39	0.90	5.02	0.75	0.32	31.18
25-49 years	4.91	0.39	7.11	1.05	4.63	1.85	2.39	0.76	5.02	0.75	0.24	29.12
50-74 years	4.91	0.39	5.33	0.84	3.97	1.85	2.39	0.73	5.02	0.75	0.24	26.44
75+ years	4.56	0.39	4.74	0.84	3.31	1.85	2.39	0.66	5.02	0.56	0.24	24.58
Pregnancy(b,c)												
Trimester 1	8.41	0.52	5.33	1.05	5.13	1.85	2.74	0.66	5.02	0.56	0.24	31.53
Trimester 2	8.41	0.52	5.33	1.27	5.29	1.85	2.74	0.73	5.02	0.75	0.24	32.16
Trimester 3	8.41	0.52	5.33	1.27	5.29	1.85	2.74	0.73	5.02	0.75	0.24	32.16
Lactation(c)	8.77	0.52	6.51	1.05	5.29	2.05	2.74	0.80	5.02	0.75	0.32	33.83
Family of Four (d)	24.89	2.35	23.98	4.01	22.82	7.03	10.69	4.95	19.18	3.95	1.52	125.38

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR BROOKS, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.76	0.45	3.72	0.20	2.51	0.81	1.51	0.61	3.04	0.43	0.09	18.14
2-3 years	5.13	0.61	3.72	0.20	3.94	0.81	1.51	0.85	3.19	0.43	0.09	20.48
4-6 years	6.96	0.61	4.65	0.61	4.66	1.51	2.17	1.75	3.65	0.65	0.26	27.47
Boy												
7-9 years	6.22	0.61	4.65	1.01	6.10	1.71	2.36	1.46	3.95	1.08	0.52	29.68
10-12 years	8.05	0.61	4.96	1.01	6.46	1.71	2.65	1.51	4.87	1.30	0.69	33.81
13-15 years	8.79	0.76	4.96	1.01	7.17	1.71	3.21	1.98	5.32	1.52	0.69	37.13
16-18 years	8.79	0.91	8.07	1.01	8.25	1.71	3.59	2.36	5.78	1.73	0.78	42.97
Girl												
7-9 years	6.22	0.61	4.65	0.81	5.02	1.71	2.36	1.23	3.80	0.87	0.35	27.63
10-12 years	7.32	0.61	4.65	0.81	5.74	1.71	2.36	1.32	3.95	1.08	0.52	30.08
13-15 years	7.69	0.61	4.96	1.01	5.92	1.71	3.02	1.37	5.17	0.87	0.52	32.84
16-18 years	7.69	0.61	5.27	1.01	5.74	1.71	3.02	1.28	5.02	0.87	0.35	32.56
Man												
19-24 years	8.05	0.91	8.07	1.01	7.53	1.91	3.59	2.27	5.02	1.52	0.60	40.48
25-49 years	5.86	0.91	8.07	1.01	7.53	1.91	3.59	2.74	5.02	1.30	0.35	38.28
50-74 years	5.13	0.76	5.90	1.01	5.74	1.91	3.59	1.51	5.02	1.30	0.43	32.29
75+ years	5.13	0.61	5.90	0.81	5.92	1.91	2.74	1.32	5.32	0.87	0.35	30.86
Woman												
19-24 years	6.22	0.61	7.45	1.01	5.74	1.91	2.65	1.28	5.02	0.87	0.35	33.09
25-49 years	5.13	0.45	7.45	1.01	5.02	1.91	2.65	1.09	5.02	0.87	0.26	30.85
50-74 years	5.13	0.45	5.58	0.81	4.30	1.91	2.65	1.04	5.02	0.87	0.26	28.02
75+ years	4.76	0.45	4.96	0.81	3.59	1.91	2.65	0.95	5.02	0.65	0.26	26.00
Pregnancy(b,c)												
Trimester 1	8.79	0.61	5.58	1.01	5.56	1.91	3.02	0.95	5.02	0.65	0.26	33.35
Trimester 2	8.79	0.61	5.58	1.21	5.74	1.91	3.02	1.04	5.02	0.87	0.26	34.05
Trimester 3	8.79	0.61	5.58	1.21	5.74	1.91	3.02	1.04	5.02	0.87	0.26	34.05
Lactation(c)	9.15	0.61	6.83	1.01	5.74	2.12	3.02	1.13	5.02	0.87	0.35	35.83
Family of Four (d)	25.99	2.73	25.13	3.83	24.74	7.25	11.81	7.04	19.16	4.55	1.64	133.88

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR MEDICINE HAT, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	5.36	0.35	3.23	0.19	2.32	0.74	1.33	0.33	2.99	0.39	0.08	17.31
2-3 years	5.78	0.47	3.23	0.19	3.64	0.74	1.33	0.46	3.14	0.39	0.08	19.44
4-6 years	7.84	0.47	4.04	0.57	4.31	1.38	1.92	0.95	3.58	0.58	0.24	25.87
Boy												
7-9 years	7.01	0.47	4.04	0.95	5.63	1.56	2.08	0.80	3.88	0.97	0.49	27.88
10-12 years	9.08	0.47	4.31	0.95	5.96	1.56	2.33	0.82	4.78	1.16	0.65	32.07
13-15 years	9.90	0.58	4.31	0.95	6.62	1.56	2.83	1.08	5.23	1.35	0.65	35.07
16-18 years	9.90	0.70	7.00	0.95	7.62	1.56	3.16	1.28	5.68	1.55	0.73	40.14
Girl												
7-9 years	7.01	0.47	4.04	0.76	4.64	1.56	2.08	0.67	3.73	0.77	0.32	26.06
10-12 years	8.25	0.47	4.04	0.76	5.30	1.56	2.08	0.72	3.88	0.97	0.49	28.52
13-15 years	8.66	0.47	4.31	0.95	5.47	1.56	2.66	0.74	5.08	0.77	0.49	31.17
16-18 years	8.66	0.47	4.58	0.95	5.30	1.56	2.66	0.69	4.93	0.77	0.32	30.91
Man												
19-24 years	9.08	0.70	7.00	0.95	6.96	1.75	3.16	1.23	4.93	1.35	0.57	37.68
25-49 years	6.60	0.70	7.00	0.95	6.96	1.75	3.16	1.49	4.93	1.16	0.32	35.02
50-74 years	5.78	0.58	5.12	0.95	5.30	1.75	3.16	0.82	4.93	1.16	0.41	29.96
75+ years	5.78	0.47	5.12	0.76	5.47	1.75	2.41	0.72	5.23	0.77	0.32	28.79
Woman												
19-24 years	7.01	0.47	6.46	0.95	5.30	1.75	2.33	0.69	4.93	0.77	0.32	30.99
25-49 years	5.78	0.35	6.46	0.95	4.64	1.75	2.33	0.59	4.93	0.77	0.24	28.79
50-74 years	5.78	0.35	4.85	0.76	3.97	1.75	2.33	0.56	4.93	0.77	0.24	26.30
75+ years	5.36	0.35	4.31	0.76	3.31	1.75	2.33	0.51	4.93	0.58	0.24	24.44
Pregnancy(b,c)												
Trimester 1	9.90	0.47	4.85	0.95	5.13	1.75	2.66	0.51	4.93	0.58	0.24	31.98
Trimester 2	9.90	0.47	4.85	1.14	5.30	1.75	2.66	0.56	4.93	0.77	0.24	32.58
Trimester 3	9.90	0.47	4.85	1.14	5.30	1.75	2.66	0.56	4.93	0.77	0.24	32.58
Lactation(c)	10.31	0.47	5.92	0.95	5.30	1.93	2.66	0.62	4.93	0.77	0.32	34.20
Family of Four (d)	29.29	2.10	21.81	3.62	22.85	6.62	10.41	3.82	18.82	4.06	1.54	124.95

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR DRUMHELLER, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.74	0.42	3.25	0.20	2.51	0.69	1.34	0.54	3.23	0.43	0.08	17.44
2-3 years	5.11	0.56	3.25	0.20	3.94	0.69	1.34	0.74	3.39	0.43	0.08	19.74
4-6 years	6.93	0.56	4.07	0.59	4.66	1.30	1.92	1.52	3.88	0.65	0.25	26.33
Boy												
7-9 years	6.20	0.56	4.07	0.98	6.09	1.47	2.09	1.28	4.20	1.08	0.50	28.53
10-12 years	8.03	0.56	4.34	0.98	6.45	1.47	2.34	1.32	5.17	1.29	0.67	32.63
13-15 years	8.76	0.70	4.34	0.98	7.16	1.47	2.84	1.73	5.66	1.51	0.67	35.83
16-18 years	8.76	0.84	7.05	0.98	8.24	1.47	3.18	2.06	6.14	1.72	0.75	41.21
Girl												
7-9 years	6.20	0.56	4.07	0.79	5.02	1.47	2.09	1.07	4.04	0.86	0.34	26.51
10-12 years	7.30	0.56	4.07	0.79	5.73	1.47	2.09	1.15	4.20	1.08	0.50	28.95
13-15 years	7.66	0.56	4.34	0.98	5.91	1.47	2.68	1.19	5.50	0.86	0.50	31.66
16-18 years	7.66	0.56	4.61	0.98	5.73	1.47	2.68	1.11	5.33	0.86	0.34	31.34
Man												
19-24 years	8.03	0.84	7.05	0.98	7.52	1.65	3.18	1.98	5.33	1.51	0.59	38.66
25-49 years	5.84	0.84	7.05	0.98	7.52	1.65	3.18	2.39	5.33	1.29	0.34	36.41
50-74 years	5.11	0.70	5.15	0.98	5.73	1.65	3.18	1.32	5.33	1.29	0.42	30.87
75+ years	5.11	0.56	5.15	0.79	5.91	1.65	2.43	1.15	5.66	0.86	0.34	29.60
Woman												
19-24 years	6.20	0.56	6.51	0.98	5.73	1.65	2.34	1.11	5.33	0.86	0.34	31.62
25-49 years	5.11	0.42	6.51	0.98	5.02	1.65	2.34	0.95	5.33	0.86	0.25	29.42
50-74 years	5.11	0.42	4.88	0.79	4.30	1.65	2.34	0.91	5.33	0.86	0.25	26.84
75+ years	4.74	0.42	4.34	0.79	3.58	1.65	2.34	0.82	5.33	0.65	0.25	24.92
Pregnancy(b,c)												
Trimester 1	8.76	0.56	4.88	0.98	5.55	1.65	2.68	0.82	5.33	0.65	0.25	32.12
Trimester 2	8.76	0.56	4.88	1.18	5.73	1.65	2.68	0.91	5.33	0.86	0.25	32.79
Trimester 3	8.76	0.56	4.88	1.18	5.73	1.65	2.68	0.91	5.33	0.86	0.25	32.79
Lactation(c)	9.12	0.56	5.97	0.98	5.73	1.82	2.68	0.99	5.33	0.86	0.34	34.38
Family of Four (d)	25.90	2.53	21.96	3.74	24.72	6.24	10.46	6.14	20.37	4.52	1.59	128.17

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR HANNA, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.86	0.47	3.26	0.19	2.43	0.72	1.25	0.58	2.74	0.41	0.08	16.99
2-3 years	5.23	0.62	3.26	0.19	3.82	0.72	1.25	0.81	2.88	0.41	0.08	19.27
4-6 years	7.10	0.62	4.08	0.57	4.52	1.34	1.79	1.66	3.29	0.61	0.25	25.84
Boy												
7-9 years	6.35	0.62	4.08	0.96	5.91	1.52	1.95	1.39	3.57	1.02	0.49	27.86
10-12 years	8.22	0.62	4.35	0.96	6.26	1.52	2.18	1.43	4.39	1.22	0.66	31.81
13-15 years	8.96	0.78	4.35	0.96	6.95	1.52	2.65	1.88	4.80	1.42	0.66	34.94
16-18 years	8.96	0.93	7.07	0.96	7.99	1.52	2.96	2.24	5.21	1.63	0.74	40.23
Girl												
7-9 years	6.35	0.62	4.08	0.77	4.87	1.52	1.95	1.17	3.43	0.81	0.33	25.89
10-12 years	7.47	0.62	4.08	0.77	5.56	1.52	1.95	1.25	3.57	1.02	0.49	28.30
13-15 years	7.84	0.62	4.35	0.96	5.73	1.52	2.50	1.30	4.66	0.81	0.49	30.80
16-18 years	7.84	0.62	4.62	0.96	5.56	1.52	2.50	1.21	4.53	0.81	0.33	30.51
Man												
19-24 years	8.22	0.93	7.07	0.96	7.30	1.70	2.96	2.15	4.53	1.42	0.58	37.82
25-49 years	5.98	0.93	7.07	0.96	7.30	1.70	2.96	2.60	4.53	1.22	0.33	35.58
50-74 years	5.23	0.78	5.17	0.96	5.56	1.70	2.96	1.43	4.53	1.22	0.41	29.95
75+ years	5.23	0.62	5.17	0.77	5.73	1.70	2.26	1.25	4.80	0.81	0.33	28.68
Woman												
19-24 years	6.35	0.62	6.53	0.96	5.56	1.70	2.18	1.21	4.53	0.81	0.33	30.78
25-49 years	5.23	0.47	6.53	0.96	4.87	1.70	2.18	1.03	4.53	0.81	0.25	28.55
50-74 years	5.23	0.47	4.89	0.77	4.17	1.70	2.18	0.99	4.53	0.81	0.25	25.99
75+ years	4.86	0.47	4.35	0.77	3.48	1.70	2.18	0.90	4.53	0.61	0.25	24.08
Pregnancy(b,c)												
Trimester 1	8.96	0.62	4.89	0.96	5.39	1.70	2.50	0.90	4.53	0.61	0.25	31.30
Trimester 2	8.96	0.62	4.89	1.15	5.56	1.70	2.50	0.99	4.53	0.81	0.25	31.96
Trimester 3	8.96	0.62	4.89	1.15	5.56	1.70	2.50	0.99	4.53	0.81	0.25	31.96
Lactation(c)	9.34	0.62	5.98	0.96	5.56	1.88	2.50	1.08	4.53	0.81	0.33	33.58
Family of Four (d)	26.52	2.79	22.02	3.64	23.98	6.46	9.75	6.68	17.29	4.27	1.56	124.96

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR STRATHMORE, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.41	0.32	2.87	0.18	2.45	0.80	1.52	0.59	3.33	0.35	0.08	16.89
2-3 years	4.75	0.43	2.87	0.18	3.86	0.80	1.52	0.81	3.49	0.35	0.08	19.13
4-6 years	6.45	0.43	3.58	0.54	4.56	1.49	2.19	1.67	3.99	0.52	0.24	25.66
Boy												
7-9 years	5.77	0.43	3.58	0.90	5.96	1.69	2.38	1.40	4.32	0.87	0.48	27.78
10-12 years	7.46	0.43	3.82	0.90	6.31	1.69	2.67	1.44	5.32	1.04	0.65	31.73
13-15 years	8.14	0.54	3.82	0.90	7.01	1.69	3.24	1.89	5.82	1.21	0.65	34.91
16-18 years	8.14	0.64	6.21	0.90	8.06	1.69	3.62	2.25	6.32	1.39	0.73	39.95
Girl												
7-9 years	5.77	0.43	3.58	0.72	4.91	1.69	2.38	1.17	4.16	0.69	0.32	25.82
10-12 years	6.79	0.43	3.58	0.72	5.61	1.69	2.38	1.26	4.32	0.87	0.48	28.13
13-15 years	7.13	0.43	3.82	0.90	5.78	1.69	3.05	1.31	5.65	0.69	0.48	30.94
16-18 years	7.13	0.43	4.06	0.90	5.61	1.69	3.05	1.22	5.49	0.69	0.32	30.58
Man												
19-24 years	7.46	0.64	6.21	0.90	7.36	1.89	3.62	2.16	5.49	1.21	0.56	37.52
25-49 years	5.43	0.64	6.21	0.90	7.36	1.89	3.62	2.61	5.49	1.04	0.32	35.52
50-74 years	4.75	0.54	4.54	0.90	5.61	1.89	3.62	1.44	5.49	1.04	0.40	30.21
75+ years	4.75	0.43	4.54	0.72	5.78	1.89	2.76	1.26	5.82	0.69	0.32	28.97
Woman												
19-24 years	5.77	0.43	5.73	0.90	5.61	1.89	2.67	1.22	5.49	0.69	0.32	30.71
25-49 years	4.75	0.32	5.73	0.90	4.91	1.89	2.67	1.04	5.49	0.69	0.24	28.63
50-74 years	4.75	0.32	4.30	0.72	4.21	1.89	2.67	0.99	5.49	0.69	0.24	26.27
75+ years	4.41	0.32	3.82	0.72	3.51	1.89	2.67	0.90	5.49	0.52	0.24	24.49
Pregnancy(b,c)												
Trimester 1	8.14	0.43	4.30	0.90	5.43	1.89	3.05	0.90	5.49	0.52	0.24	31.29
Trimester 2	8.14	0.43	4.30	1.08	5.61	1.89	3.05	0.99	5.49	0.69	0.24	31.91
Trimester 3	8.14	0.43	4.30	1.08	5.61	1.89	3.05	0.99	5.49	0.69	0.24	31.91
Lactation(c)	8.48	0.43	5.26	0.90	5.61	2.09	3.05	1.08	5.49	0.69	0.32	33.40
Family of Four (d)	24.09	1.93	19.35	3.42	24.19	7.16	11.91	6.71	20.95	3.64	1.53	124.88

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR THREE HILLS, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	5.21	0.47	2.87	0.19	2.43	0.77	1.23	0.44	2.94	0.41	0.08	17.02
2-3 years	5.61	0.62	2.87	0.19	3.82	0.77	1.23	0.60	3.08	0.41	0.08	19.28
4-6 years	7.61	0.62	3.59	0.56	4.52	1.44	1.76	1.24	3.53	0.61	0.24	25.72
Boy												
7-9 years	6.81	0.62	3.59	0.93	5.91	1.64	1.92	1.04	3.82	1.01	0.48	27.76
10-12 years	8.81	0.62	3.83	0.93	6.26	1.64	2.15	1.08	4.70	1.22	0.64	31.86
13-15 years	9.61	0.78	3.83	0.93	6.95	1.64	2.61	1.41	5.14	1.42	0.64	34.95
16-18 years	9.61	0.93	6.22	0.93	7.99	1.64	2.91	1.68	5.58	1.62	0.72	39.84
Girl												
7-9 years	6.81	0.62	3.59	0.74	4.87	1.64	1.92	0.87	3.67	0.81	0.32	25.86
10-12 years	8.01	0.62	3.59	0.74	5.56	1.64	1.92	0.94	3.82	1.01	0.48	28.33
13-15 years	8.41	0.62	3.83	0.93	5.73	1.64	2.45	0.97	4.99	0.81	0.48	30.87
16-18 years	8.41	0.62	4.07	0.93	5.56	1.64	2.45	0.91	4.85	0.81	0.32	30.56
Man												
19-24 years	8.81	0.93	6.22	0.93	7.30	1.83	2.91	1.61	4.85	1.42	0.56	37.37
25-49 years	6.41	0.93	6.22	0.93	7.30	1.83	2.91	1.95	4.85	1.22	0.32	34.86
50-74 years	5.61	0.78	4.55	0.93	5.56	1.83	2.91	1.08	4.85	1.22	0.40	29.70
75+ years	5.61	0.62	4.55	0.74	5.73	1.83	2.22	0.94	5.14	0.81	0.32	28.52
Woman												
19-24 years	6.81	0.62	5.74	0.93	5.56	1.83	2.15	0.91	4.85	0.81	0.32	30.52
25-49 years	5.61	0.47	5.74	0.93	4.87	1.83	2.15	0.77	4.85	0.81	0.24	28.26
50-74 years	5.61	0.47	4.31	0.74	4.17	1.83	2.15	0.74	4.85	0.81	0.24	25.91
75+ years	5.21	0.47	3.83	0.74	3.48	1.83	2.15	0.67	4.85	0.61	0.24	24.06
Pregnancy(b,c)												
Trimester 1	9.61	0.62	4.31	0.93	5.39	1.83	2.45	0.67	4.85	0.61	0.24	31.50
Trimester 2	9.61	0.62	4.31	1.11	5.56	1.83	2.45	0.74	4.85	0.81	0.24	32.13
Trimester 3	9.61	0.62	4.31	1.11	5.56	1.83	2.45	0.74	4.85	0.81	0.24	32.13
Lactation(c)	10.01	0.62	5.26	0.93	5.56	2.02	2.45	0.81	4.85	0.81	0.32	33.65
Family of Four (d)	28.43	2.80	19.38	3.53	23.98	6.93	9.58	5.01	18.51	4.26	1.51	123.92

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR DIDSBURY, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.60	0.39	3.37	0.21	2.54	0.81	1.48	0.71	2.89	0.36	0.08	17.44
2-3 years	4.95	0.53	3.37	0.21	3.99	0.81	1.48	0.99	3.04	0.36	0.08	19.79
4-6 years	6.72	0.53	4.21	0.62	4.72	1.52	2.13	2.03	3.47	0.53	0.23	26.71
Boy												
7-9 years	6.01	0.53	4.21	1.03	6.17	1.72	2.32	1.70	3.76	0.89	0.46	28.80
10-12 years	7.78	0.53	4.49	1.03	6.54	1.72	2.60	1.76	4.63	1.07	0.61	32.74
13-15 years	8.48	0.66	4.49	1.03	7.26	1.72	3.15	2.31	5.07	1.24	0.61	36.02
16-18 years	8.48	0.79	7.29	1.03	8.35	1.72	3.52	2.75	5.50	1.42	0.69	41.55
Girl												
7-9 years	6.01	0.53	4.21	0.82	5.08	1.72	2.32	1.43	3.62	0.71	0.31	26.75
10-12 years	7.07	0.53	4.21	0.82	5.81	1.72	2.32	1.54	3.76	0.89	0.46	29.13
13-15 years	7.42	0.53	4.49	1.03	5.99	1.72	2.97	1.59	4.92	0.71	0.46	31.83
16-18 years	7.42	0.53	4.77	1.03	5.81	1.72	2.97	1.48	4.78	0.71	0.31	31.52
Man												
19-24 years	7.78	0.79	7.29	1.03	7.62	1.92	3.52	2.64	4.78	1.24	0.54	39.15
25-49 years	5.66	0.79	7.29	1.03	7.62	1.92	3.52	3.19	4.78	1.07	0.31	37.18
50-74 years	4.95	0.66	5.33	1.03	5.81	1.92	3.52	1.76	4.78	1.07	0.38	31.21
75+ years	4.95	0.53	5.33	0.82	5.99	1.92	2.69	1.54	5.07	0.71	0.31	29.85
Woman												
19-24 years	6.01	0.53	6.73	1.03	5.81	1.92	2.60	1.48	4.78	0.71	0.31	31.90
25-49 years	4.95	0.39	6.73	1.03	5.08	1.92	2.60	1.26	4.78	0.71	0.23	29.69
50-74 years	4.95	0.39	5.05	0.82	4.36	1.92	2.60	1.21	4.78	0.71	0.23	27.02
75+ years	4.60	0.39	4.49	0.82	3.63	1.92	2.60	1.10	4.78	0.53	0.23	25.09
Pregnancy(b,c)												
Trimester 1	8.48	0.53	5.05	1.03	5.63	1.92	2.97	1.10	4.78	0.53	0.23	32.24
Trimester 2	8.48	0.53	5.05	1.24	5.81	1.92	2.97	1.21	4.78	0.71	0.23	32.92
Trimester 3	8.48	0.53	5.05	1.24	5.81	1.92	2.97	1.21	4.78	0.71	0.23	32.92
Lactation(c)	8.84	0.53	6.17	1.03	5.81	2.13	2.97	1.32	4.78	0.71	0.31	34.58
Family of Four (d)	25.10	2.37	22.72	3.91	25.05	7.29	11.59	8.19	18.24	3.73	1.46	129.64

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch
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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR CALGARY, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.50	0.37	3.22	0.20	2.60	0.72	1.43	0.44	2.66	0.36	0.07	16.57
2-3 years	4.84	0.49	3.22	0.20	4.08	0.72	1.43	0.61	2.79	0.36	0.07	18.82
4-6 years	6.57	0.49	4.03	0.60	4.82	1.35	2.06	1.25	3.19	0.54	0.22	25.13
Boy												
7-9 years	5.88	0.49	4.03	1.00	6.31	1.53	2.24	1.05	3.45	0.90	0.45	27.33
10-12 years	7.61	0.49	4.29	1.00	6.68	1.53	2.51	1.08	4.25	1.08	0.60	31.13
13-15 years	8.30	0.62	4.29	1.00	7.42	1.53	3.05	1.42	4.65	1.27	0.60	34.14
16-18 years	8.30	0.74	6.98	1.00	8.54	1.53	3.40	1.69	5.04	1.45	0.67	39.34
Girl												
7-9 years	5.88	0.49	4.03	0.80	5.20	1.53	2.24	0.88	3.32	0.72	0.30	25.38
10-12 years	6.92	0.49	4.03	0.80	5.94	1.53	2.24	0.95	3.45	0.90	0.45	27.69
13-15 years	7.27	0.49	4.29	1.00	6.12	1.53	2.87	0.98	4.51	0.72	0.45	30.23
16-18 years	7.27	0.49	4.56	1.00	5.94	1.53	2.87	0.91	4.38	0.72	0.30	29.97
Man												
19-24 years	7.61	0.74	6.98	1.00	7.79	1.71	3.40	1.62	4.38	1.27	0.52	37.02
25-49 years	5.54	0.74	6.98	1.00	7.79	1.71	3.40	1.96	4.38	1.08	0.30	34.88
50-74 years	4.84	0.62	5.10	1.00	5.94	1.71	3.40	1.08	4.38	1.08	0.37	29.53
75+ years	4.84	0.49	5.10	0.80	6.12	1.71	2.60	0.95	4.65	0.72	0.30	28.28
Woman												
19-24 years	5.88	0.49	6.44	1.00	5.94	1.71	2.51	0.91	4.38	0.72	0.30	30.28
25-49 years	4.84	0.37	6.44	1.00	5.20	1.71	2.51	0.78	4.38	0.72	0.22	28.17
50-74 years	4.84	0.37	4.83	0.80	4.45	1.71	2.51	0.74	4.38	0.72	0.22	25.58
75+ years	4.50	0.37	4.29	0.80	3.71	1.71	2.51	0.68	4.38	0.54	0.22	23.71
Pregnancy(b,c)												
Trimester 1	8.30	0.49	4.83	1.00	5.75	1.71	2.87	0.68	4.38	0.54	0.22	30.78
Trimester 2	8.30	0.49	4.83	1.20	5.94	1.71	2.87	0.74	4.38	0.72	0.22	31.41
Trimester 3	8.30	0.49	4.83	1.20	5.94	1.71	2.87	0.74	4.38	0.72	0.22	31.41
Lactation(c)	8.65	0.49	5.90	1.00	5.94	1.89	2.87	0.81	4.38	0.72	0.30	32.95
Family of Four (d)	24.57	2.22	21.74	3.80	25.61	6.47	11.20	5.04	16.73	3.80	1.42	122.57

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR PONOKA, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.40	0.25	2.94	0.18	2.44	0.72	1.31	0.40	2.65	0.35	0.08	15.73
2-3 years	4.73	0.33	2.94	0.18	3.83	0.72	1.31	0.56	2.78	0.35	0.08	17.83
4-6 years	6.43	0.33	3.68	0.55	4.53	1.36	1.89	1.15	3.18	0.53	0.24	23.85
Boy												
7-9 years	5.75	0.33	3.68	0.91	5.92	1.54	2.05	0.96	3.44	0.88	0.47	25.94
10-12 years	7.44	0.33	3.92	0.91	6.27	1.54	2.30	0.99	4.24	1.05	0.63	29.63
13-15 years	8.12	0.41	3.92	0.91	6.97	1.54	2.79	1.30	4.63	1.23	0.63	32.46
16-18 years	8.12	0.49	6.38	0.91	8.01	1.54	3.12	1.55	5.03	1.40	0.71	37.27
Girl												
7-9 years	5.75	0.33	3.68	0.73	4.88	1.54	2.05	0.81	3.31	0.70	0.31	24.09
10-12 years	6.76	0.33	3.68	0.73	5.58	1.54	2.05	0.87	3.44	0.88	0.47	26.33
13-15 years	7.10	0.33	3.92	0.91	5.75	1.54	2.63	0.90	4.50	0.70	0.47	28.76
16-18 years	7.10	0.33	4.17	0.91	5.58	1.54	2.63	0.84	4.37	0.70	0.31	28.48
Man												
19-24 years	7.44	0.49	6.38	0.91	7.32	1.72	3.12	1.49	4.37	1.23	0.55	35.02
25-49 years	5.41	0.49	6.38	0.91	7.32	1.72	3.12	1.80	4.37	1.05	0.31	32.89
50-74 years	4.73	0.41	4.66	0.91	5.58	1.72	3.12	0.99	4.37	1.05	0.39	27.94
75+ years	4.73	0.33	4.66	0.73	5.75	1.72	2.38	0.87	4.63	0.70	0.31	26.82
Woman												
19-24 years	5.75	0.33	5.89	0.91	5.58	1.72	2.30	0.84	4.37	0.70	0.31	28.70
25-49 years	4.73	0.25	5.89	0.91	4.88	1.72	2.30	0.71	4.37	0.70	0.24	26.70
50-74 years	4.73	0.25	4.42	0.73	4.18	1.72	2.30	0.68	4.37	0.70	0.24	24.32
75+ years	4.40	0.25	3.92	0.73	3.48	1.72	2.30	0.62	4.37	0.53	0.24	22.55
Pregnancy(b,c)												
Trimester 1	8.12	0.33	4.42	0.91	5.40	1.72	2.63	0.62	4.37	0.53	0.24	29.27
Trimester 2	8.12	0.33	4.42	1.10	5.58	1.72	2.63	0.68	4.37	0.70	0.24	29.87
Trimester 3	8.12	0.33	4.42	1.10	5.58	1.72	2.63	0.68	4.37	0.70	0.24	29.87
Lactation(c)	8.45	0.33	5.40	0.91	5.58	1.90	2.63	0.75	4.37	0.70	0.31	31.33
Family of Four (d)	24.01	1.48	19.87	3.47	24.04	6.51	10.27	4.63	16.69	3.68	1.49	116.14

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR RED DEER, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.33	0.37	3.26	0.18	2.30	0.73	1.39	0.52	2.53	0.34	0.08	16.02
2-3 years	4.66	0.50	3.26	0.18	3.62	0.73	1.39	0.71	2.65	0.34	0.08	18.11
4-6 years	6.32	0.50	4.07	0.55	4.27	1.37	1.99	1.47	3.03	0.51	0.23	24.32
Boy												
7-9 years	5.66	0.50	4.07	0.92	5.59	1.55	2.17	1.23	3.28	0.85	0.46	26.27
10-12 years	7.32	0.50	4.35	0.92	5.92	1.55	2.42	1.27	4.04	1.02	0.61	29.92
13-15 years	7.99	0.62	4.35	0.92	6.58	1.55	2.94	1.66	4.42	1.19	0.61	32.83
16-18 years	7.99	0.74	7.06	0.92	7.56	1.55	3.29	1.98	4.80	1.36	0.69	37.95
Girl												
7-9 years	5.66	0.50	4.07	0.73	4.60	1.55	2.17	1.03	3.16	0.68	0.31	24.46
10-12 years	6.66	0.50	4.07	0.73	5.26	1.55	2.17	1.11	3.28	0.85	0.46	26.64
13-15 years	6.99	0.50	4.35	0.92	5.43	1.55	2.77	1.15	4.29	0.68	0.46	29.08
16-18 years	6.99	0.50	4.62	0.92	5.26	1.55	2.77	1.07	4.17	0.68	0.31	28.83
Man												
19-24 years	7.32	0.74	7.06	0.92	6.90	1.73	3.29	1.90	4.17	1.19	0.54	35.77
25-49 years	5.33	0.74	7.06	0.92	6.90	1.73	3.29	2.30	4.17	1.02	0.31	33.77
50-74 years	4.66	0.62	5.16	0.92	5.26	1.73	3.29	1.27	4.17	1.02	0.38	28.48
75+ years	4.66	0.50	5.16	0.73	5.43	1.73	2.51	1.11	4.42	0.68	0.31	27.24
Woman												
13-24 years	5.66	0.50	6.52	0.92	5.26	1.73	2.42	1.07	4.17	0.68	0.31	29.23
25-49 years	4.66	0.37	6.52	0.92	4.60	1.73	2.42	0.91	4.17	0.68	0.23	27.22
50-74 years	4.66	0.37	4.89	0.73	3.95	1.73	2.42	0.87	4.17	0.68	0.23	24.71
75+ years	4.33	0.37	4.35	0.73	3.29	1.73	2.42	0.79	4.17	0.51	0.23	22.92
Pregnancy(b,c)												
Trimester 1	7.99	0.50	4.89	0.92	5.10	1.73	2.77	0.79	4.17	0.51	0.23	29.59
Trimester 2	7.99	0.50	4.89	1.10	5.26	1.73	2.77	0.87	4.17	0.68	0.23	30.19
Trimester 3	7.99	0.50	4.89	1.10	5.26	1.73	2.77	0.87	4.17	0.68	0.23	30.19
Lactation(c)	8.32	0.50	5.97	0.92	5.26	1.91	2.77	0.95	4.17	0.68	0.31	31.76
Family of Four (d)	23.63	2.23	22.00	3.49	22.69	6.57	10.83	5.90	15.91	3.58	1.45	118.28

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR RIMBEY, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.62	0.49	3.06	0.21	2.41	0.64	1.32	0.50	2.77	0.44	0.08	16.53
2-3 years	4.97	0.66	3.06	0.21	3.78	0.64	1.32	0.70	2.91	0.44	0.08	18.76
4-6 years	6.75	0.66	3.83	0.62	4.47	1.19	1.90	1.43	3.32	0.65	0.23	25.06
Boy												
7-9 years	6.04	0.66	3.83	1.03	5.84	1.35	2.07	1.20	3.60	1.09	0.46	27.17
10-12 years	7.82	0.66	4.09	1.03	6.19	1.35	2.32	1.24	4.43	1.31	0.62	31.04
13-15 years	8.53	0.82	4.09	1.03	6.87	1.35	2.81	1.62	4.84	1.52	0.62	34.12
16-18 years	8.53	0.99	6.64	1.03	7.90	1.35	3.14	1.93	5.26	1.74	0.70	39.22
Girl												
7-9 years	6.04	0.66	3.83	0.83	4.81	1.35	2.07	1.01	3.46	0.87	0.31	25.23
10-12 years	7.11	0.66	3.83	0.83	5.50	1.35	2.07	1.08	3.60	1.09	0.46	27.57
13-15 years	7.46	0.66	4.09	1.03	5.67	1.35	2.65	1.12	4.71	0.87	0.46	30.07
16-18 years	7.46	0.66	4.34	1.03	5.50	1.35	2.65	1.04	4.57	0.87	0.31	29.78
Man												
19-24 years	7.82	0.99	6.64	1.03	7.22	1.51	3.14	1.86	4.57	1.52	0.54	36.84
25-49 years	5.68	0.99	6.64	1.03	7.22	1.51	3.14	2.24	4.57	1.31	0.31	34.64
50-74 years	4.97	0.82	4.85	1.03	5.50	1.51	3.14	1.24	4.57	1.31	0.39	29.33
75+ years	4.97	0.66	4.85	0.83	5.67	1.51	2.40	1.08	4.84	0.87	0.31	28.00
Woman												
19-24 years	6.04	0.66	6.13	1.03	5.50	1.51	2.32	1.04	4.57	0.87	0.31	29.98
25-49 years	4.97	0.49	6.13	1.03	4.81	1.51	2.32	0.89	4.57	0.87	0.23	27.83
50-74 years	4.97	0.49	4.60	0.83	4.12	1.51	2.32	0.85	4.57	0.87	0.23	25.36
75+ years	4.62	0.49	4.09	0.83	3.44	1.51	2.32	0.77	4.57	0.65	0.23	23.51
Pregnancy(b,c)												
Trimester 1	8.53	0.66	4.60	1.03	5.33	1.51	2.65	0.77	4.57	0.65	0.23	30.53
Trimester 2	8.53	0.66	4.60	1.24	5.50	1.51	2.65	0.85	4.57	0.87	0.23	31.20
Trimester 3	8.53	0.66	4.60	1.24	5.50	1.51	2.65	0.85	4.57	0.87	0.23	31.20
Lactation(c)	8.88	0.66	5.62	1.03	5.50	1.67	2.65	0.93	4.57	0.87	0.31	32.68
Family of Four (d)	25.23	2.96	20.69	3.92	23.71	5.73	10.34	5.76	17.44	4.57	1.47	121.82

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR SUNDRE, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.65	0.40	3.33	0.18	2.35	0.72	1.18	0.49	2.99	0.39	0.09	16.77
2-3 years	5.00	0.54	3.33	0.18	3.70	0.72	1.18	0.68	3.14	0.39	0.09	18.95
4-6 years	6.79	0.54	4.17	0.53	4.37	1.35	1.69	1.40	3.59	0.59	0.26	25.28
Boy												
7-9 years	6.07	0.54	4.17	0.89	5.72	1.53	1.84	1.17	3.89	0.98	0.52	27.31
10-12 years	7.86	0.54	4.45	0.89	6.05	1.53	2.06	1.21	4.78	1.18	0.69	31.24
13-15 years	8.58	0.67	4.45	0.89	6.73	1.53	2.50	1.59	5.23	1.37	0.69	34.22
16-18 years	8.58	0.81	7.22	0.89	7.74	1.53	2.79	1.89	5.68	1.57	0.77	39.47
Girl												
7-9 years	6.07	0.54	4.17	0.71	4.71	1.53	1.84	0.98	3.74	0.78	0.34	25.42
10-12 years	7.15	0.54	4.17	0.71	5.38	1.53	1.84	1.06	3.89	0.98	0.52	27.76
13-15 years	7.50	0.54	4.45	0.89	5.55	1.53	2.35	1.09	5.08	0.78	0.52	30.29
16-18 years	7.50	0.54	4.72	0.89	5.38	1.53	2.35	1.02	4.93	0.78	0.34	30.00
Man												
19-24 years	7.86	0.81	7.22	0.89	7.06	1.71	2.79	1.81	4.93	1.37	0.60	37.07
25-49 years	5.72	0.81	7.22	0.89	7.06	1.71	2.79	2.19	4.93	1.18	0.34	34.85
50-74 years	5.00	0.67	5.28	0.89	5.38	1.71	2.79	1.21	4.93	1.18	0.43	29.48
75+ years	5.00	0.54	5.28	0.71	5.55	1.71	2.13	1.06	5.23	0.78	0.34	28.34
Woman												
19-24 years	6.07	0.54	6.67	0.89	5.38	1.71	2.06	1.02	4.93	0.78	0.34	30.41
25-49 years	5.00	0.40	6.67	0.89	4.71	1.71	2.06	0.87	4.93	0.78	0.26	28.29
50-74 years	5.00	0.40	5.00	0.71	4.04	1.71	2.06	0.83	4.93	0.78	0.26	25.73
75+ years	4.65	0.40	4.45	0.71	3.36	1.71	2.06	0.75	4.93	0.59	0.26	23.88
Pregnancy(b,c)												
Trimester 1	8.58	0.54	5.00	0.89	5.21	1.71	2.35	0.75	4.93	0.59	0.26	30.82
Trimester 2	8.58	0.54	5.00	1.07	5.38	1.71	2.35	0.83	4.93	0.78	0.26	31.44
Trimester 3	8.58	0.54	5.00	1.07	5.38	1.71	2.35	0.83	4.93	0.78	0.26	31.44
Lactation(c)	8.93	0.54	6.11	0.89	5.38	1.89	2.35	0.91	4.93	0.78	0.34	33.07
Family of Four (d)	25.37	2.43	22.51	3.39	23.21	6.50	9.18	5.62	18.83	4.12	1.63	122.78

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch
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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR EDMONTON, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.39	0.35	3.28	0.18	2.37	0.72	1.36	0.34	2.74	0.37	0.08	16.17
2-3 years	4.72	0.47	3.28	0.18	3.72	0.72	1.36	0.47	2.87	0.37	0.08	18.24
4-6 years	6.41	0.47	4.10	0.54	4.40	1.35	1.95	0.97	3.28	0.56	0.23	24.25
Boy												
7-9 years	5.74	0.47	4.10	0.89	5.75	1.53	2.12	0.81	3.56	0.93	0.46	26.36
10-12 years	7.42	0.47	4.38	0.89	6.09	1.53	2.38	0.84	4.38	1.12	0.62	30.10
13-15 years	8.10	0.59	4.38	0.89	6.76	1.53	2.89	1.10	4.79	1.30	0.62	32.93
16-18 years	8.10	0.71	7.11	0.89	7.78	1.53	3.23	1.31	5.20	1.49	0.69	38.02
Girl												
7-9 years	5.74	0.47	4.10	0.71	4.73	1.53	2.12	0.68	3.42	0.74	0.31	24.56
10-12 years	6.75	0.47	4.10	0.71	5.41	1.53	2.12	0.73	3.56	0.93	0.46	26.78
13-15 years	7.08	0.47	4.38	0.89	5.58	1.53	2.72	0.76	4.65	0.74	0.46	29.26
16-18 years	7.08	0.47	4.65	0.89	5.41	1.53	2.72	0.71	4.51	0.74	0.31	29.02
Man												
19-24 years	7.42	0.71	7.11	0.89	7.10	1.71	3.23	1.26	4.51	1.30	0.54	35.78
25-49 years	5.40	0.71	7.11	0.89	7.10	1.71	3.23	1.52	4.51	1.12	0.31	33.60
50-74 years	4.72	0.59	5.20	0.89	5.41	1.71	3.23	0.84	4.51	1.12	0.39	28.60
75+ years	4.72	0.47	5.20	0.71	5.58	1.71	2.46	0.73	4.79	0.74	0.31	27.42
Woman												
19-24 years	5.74	0.47	6.56	0.89	5.41	1.71	2.38	0.71	4.51	0.74	0.31	29.43
25-49 years	4.72	0.35	6.56	0.89	4.73	1.71	2.38	0.60	4.51	0.74	0.23	27.44
50-74 years	4.72	0.35	4.92	0.71	4.06	1.71	2.38	0.58	4.51	0.74	0.23	24.92
75+ years	4.39	0.35	4.38	0.71	3.38	1.71	2.38	0.52	4.51	0.56	0.23	23.12
Pregnancy(b,c)												
Trimester 1	8.10	0.47	4.92	0.89	5.24	1.71	2.72	0.52	4.51	0.56	0.23	29.87
Trimester 2	8.10	0.47	4.92	1.07	5.41	1.71	2.72	0.58	4.51	0.74	0.23	30.46
Trimester 3	8.10	0.47	4.92	1.07	5.41	1.71	2.72	0.58	4.51	0.74	0.23	30.46
Lactation(c)	8.43	0.47	6.02	0.89	5.41	1.89	2.72	0.63	4.51	0.74	0.31	32.02
Family of Four (d)	23.95	2.12	22.15	3.39	23.33	6.46	10.61	3.90	17.24	3.91	1.46	118.53

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR EDSON, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.64	0.41	2.71	0.17	2.58	0.59	0.90	0.27	2.33	0.35	0.07	15.02
2-3 years	5.00	0.55	2.71	0.17	4.05	0.59	0.90	0.37	2.45	0.35	0.07	17.21
4-6 years	6.78	0.55	3.39	0.51	4.79	1.10	1.30	0.77	2.80	0.53	0.21	22.72
Boy												
7-9 years	6.07	0.55	3.39	0.86	6.27	1.25	1.41	0.64	3.03	0.88	0.41	24.75
10-12 years	7.85	0.55	3.61	0.86	6.63	1.25	1.58	0.66	3.73	1.06	0.55	28.33
13-15 years	8.57	0.68	3.61	0.86	7.37	1.25	1.91	0.87	4.08	1.24	0.55	30.99
16-18 years	8.57	0.82	5.87	0.86	8.48	1.25	2.14	1.04	4.43	1.41	0.62	35.48
Girl												
7-9 years	6.07	0.55	3.39	0.69	5.16	1.25	1.41	0.54	2.91	0.71	0.28	22.94
10-12 years	7.14	0.55	3.39	0.69	5.90	1.25	1.41	0.58	3.03	0.88	0.41	25.22
13-15 years	7.50	0.55	3.61	0.86	6.08	1.25	1.80	0.60	3.96	0.71	0.41	27.33
16-18 years	7.50	0.55	3.84	0.86	5.90	1.25	1.80	0.56	3.85	0.71	0.28	27.07
Man												
19-24 years	7.85	0.82	5.87	0.86	7.74	1.40	2.14	1.00	3.85	1.24	0.48	33.24
25-49 years	5.71	0.82	5.87	0.86	7.74	1.40	2.14	1.20	3.85	1.06	0.28	30.92
50-74 years	5.00	0.68	4.29	0.86	5.90	1.40	2.14	0.66	3.85	1.06	0.35	26.17
75+ years	5.00	0.55	4.29	0.69	6.08	1.40	1.63	0.58	4.08	0.71	0.28	25.27
Woman												
19-24 years	6.07	0.55	5.42	0.86	5.90	1.40	1.58	0.56	3.85	0.71	0.28	27.15
25-49 years	5.00	0.41	5.42	0.86	5.16	1.40	1.58	0.48	3.85	0.71	0.21	25.05
50-74 years	5.00	0.41	4.06	0.69	4.42	1.40	1.58	0.46	3.85	0.71	0.21	22.77
75+ years	4.64	0.41	3.61	0.69	3.69	1.40	1.58	0.42	3.85	0.53	0.21	21.00
Pregnancy(b,c)												
Trimester 1	8.57	0.55	4.06	0.86	5.71	1.40	1.80	0.42	3.85	0.53	0.21	27.94
Trimester 2	8.57	0.55	4.06	1.03	5.90	1.40	1.80	0.46	3.85	0.71	0.21	28.52
Trimester 3	8.57	0.55	4.06	1.03	5.90	1.40	1.80	0.46	3.85	0.71	0.21	28.52
Lactation(c)	8.92	0.55	4.97	0.86	5.90	1.54	1.80	0.50	3.85	0.71	0.28	29.86
Family of Four (d)	25.34	2.46	18.28	3.26	25.43	5.29	7.04	3.09	14.68	3.71	1.31	109.90

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
 (b) A daily iron supplement is required for pregnant women.
 (c) Based on the requirements of a woman 25-49 years old.
 (d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR EVANSBURG, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	5.24	0.50	3.26	0.24	2.53	0.66	1.33	0.59	2.71	0.48	0.10	17.63
2-3 years	5.64	0.66	3.26	0.24	3.98	0.66	1.33	0.81	2.84	0.48	0.10	20.01
4-6 years	7.66	0.66	4.07	0.73	4.71	1.24	1.91	1.67	3.25	0.72	0.30	26.92
Boy												
7-9 years	6.85	0.66	4.07	1.22	6.15	1.41	2.07	1.40	3.52	1.20	0.61	29.16
10-12 years	8.87	0.66	4.34	1.22	6.52	1.41	2.32	1.44	4.33	1.44	0.81	33.36
13-15 years	9.68	0.83	4.34	1.22	7.24	1.41	2.82	1.89	4.74	1.67	0.81	36.65
16-18 years	9.68	0.99	7.06	1.22	8.33	1.41	3.15	2.25	5.14	1.91	0.91	42.06
Girl												
7-9 years	6.85	0.66	4.07	0.98	5.07	1.41	2.07	1.17	3.38	0.96	0.41	27.03
10-12 years	8.06	0.66	4.07	0.98	5.79	1.41	2.07	1.26	3.52	1.20	0.61	29.63
13-15 years	8.47	0.66	4.34	1.22	5.97	1.41	2.65	1.31	4.60	0.96	0.61	32.20
16-18 years	8.47	0.66	4.61	1.22	5.79	1.41	2.65	1.22	4.46	0.96	0.41	31.86
Man												
19-24 years	8.87	0.99	7.06	1.22	7.60	1.57	3.15	2.16	4.46	1.67	0.71	39.48
25-49 years	6.45	0.99	7.06	1.22	7.60	1.57	3.15	2.61	4.46	1.44	0.41	36.97
50-74 years	5.64	0.83	5.16	1.22	5.79	1.57	3.15	1.44	4.46	1.44	0.51	31.22
75+ years	5.64	0.66	5.16	0.98	5.97	1.57	2.41	1.26	4.74	0.96	0.41	29.75
Woman												
19-24 years	6.85	0.66	6.51	1.22	5.79	1.57	2.32	1.22	4.46	0.96	0.41	31.98
25-49 years	5.64	0.50	6.51	1.22	5.07	1.57	2.32	1.04	4.46	0.96	0.30	29.60
50-74 years	5.64	0.50	4.89	0.98	4.34	1.57	2.32	0.99	4.46	0.96	0.30	26.96
75+ years	5.24	0.50	4.34	0.98	3.62	1.57	2.32	0.90	4.46	0.72	0.30	24.96
Pregnancy(b,c)												
Trimester 1	9.68	0.66	4.89	1.22	5.61	1.57	2.65	0.90	4.46	0.72	0.30	32.67
Trimester 2	9.68	0.66	4.89	1.47	5.79	1.57	2.65	0.99	4.46	0.96	0.30	33.43
Trimester 3	9.68	0.66	4.89	1.47	5.79	1.57	2.65	0.99	4.46	0.96	0.30	33.43
Lactation(c)	10.08	0.66	5.97	1.22	5.79	1.74	2.65	1.08	4.46	0.96	0.41	35.03
Family of Four (d)	28.63	2.98	21.99	4.64	24.98	5.96	10.37	6.71	17.05	5.02	1.93	130.25

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR HINTON, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.82	0.53	3.76	0.23	2.56	0.81	1.41	0.59	3.11	0.43	0.08	18.34
2-3 years	5.19	0.71	3.76	0.23	4.03	0.81	1.41	0.81	3.27	0.43	0.08	20.73
4-6 years	7.05	0.71	4.70	0.70	4.76	1.51	2.02	1.67	3.74	0.65	0.25	27.75
Boy												
7-9 years	6.31	0.71	4.70	1.16	6.22	1.71	2.20	1.40	4.05	1.08	0.50	30.03
10-12 years	8.16	0.71	5.01	1.16	6.59	1.71	2.46	1.44	4.98	1.30	0.67	34.19
13-15 years	8.90	0.88	5.01	1.16	7.32	1.71	2.99	1.89	5.45	1.51	0.67	37.50
16-18 years	8.90	1.06	8.15	1.16	8.42	1.71	3.34	2.25	5.92	1.73	0.75	43.39
Girl												
7-9 years	6.31	0.71	4.70	0.93	5.12	1.71	2.20	1.17	3.89	0.86	0.33	27.94
10-12 years	7.42	0.71	4.70	0.93	5.86	1.71	2.20	1.26	4.05	1.08	0.50	30.41
13-15 years	7.79	0.71	5.01	1.16	6.04	1.71	2.82	1.31	5.30	0.86	0.50	33.20
16-18 years	7.79	0.71	5.33	1.16	5.86	1.71	2.82	1.22	5.14	0.86	0.33	32.92
Man												
19-24 years	8.16	1.06	8.15	1.16	7.69	1.91	3.34	2.16	5.14	1.51	0.58	40.87
25-49 years	5.93	1.06	8.15	1.16	7.69	1.91	3.34	2.61	5.14	1.30	0.33	38.63
50-74 years	5.19	0.88	5.96	1.16	5.86	1.91	3.34	1.44	5.14	1.30	0.42	32.60
75+ years	5.19	0.71	5.96	0.93	6.04	1.91	2.55	1.26	5.45	0.86	0.33	31.20
Woman												
19-24 years	6.31	0.71	7.52	1.16	5.86	1.91	2.46	1.22	5.14	0.86	0.33	33.48
25-49 years	5.19	0.53	7.52	1.16	5.12	1.91	2.46	1.04	5.14	0.86	0.25	31.20
50-74 years	5.19	0.53	5.64	0.93	4.39	1.91	2.46	0.99	5.14	0.86	0.25	28.31
75+ years	4.82	0.53	5.01	0.93	3.66	1.91	2.46	0.90	5.14	0.65	0.25	26.27
Pregnancy(b,c)												
Trimester 1	8.90	0.71	5.64	1.16	5.67	1.91	2.82	0.90	5.14	0.65	0.25	33.75
Trimester 2	8.90	0.71	5.64	1.39	5.86	1.91	2.82	0.99	5.14	0.86	0.25	34.47
Trimester 3	8.90	0.71	5.64	1.39	5.86	1.91	2.82	0.99	5.14	0.86	0.25	34.47
Lactation(c)	9.27	0.71	6.90	1.16	5.86	2.11	2.82	1.08	5.14	0.86	0.33	36.24
Family of Four (d)	26.33	3.18	25.39	4.41	25.25	7.25	11.00	6.71	19.62	4.54	1.58	135.27

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR BONNYVILLE, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.78	0.46	3.21	0.16	2.50	0.77	1.47	0.46	2.70	0.37	0.08	16.95
2-3 years	5.14	0.61	3.21	0.16	3.93	0.77	1.47	0.64	2.83	0.37	0.08	19.22
4-6 years	6.98	0.61	4.01	0.48	4.64	1.44	2.11	1.32	3.24	0.56	0.24	25.63
Boy												
7-9 years	6.25	0.61	4.01	0.79	6.07	1.63	2.30	1.11	3.51	0.93	0.49	27.68
10-12 years	8.08	0.61	4.28	0.79	6.43	1.63	2.57	1.14	4.32	1.11	0.65	31.61
13-15 years	8.82	0.77	4.28	0.79	7.14	1.63	3.12	1.50	4.72	1.30	0.65	34.72
16-18 years	8.82	0.92	6.95	0.79	8.21	1.63	3.49	1.78	5.13	1.48	0.73	39.94
Girl												
7-9 years	6.25	0.61	4.01	0.63	5.00	1.63	2.30	0.93	3.37	0.74	0.32	25.79
10-12 years	7.35	0.61	4.01	0.63	5.71	1.63	2.30	1.00	3.51	0.93	0.49	28.16
13-15 years	7.72	0.61	4.28	0.79	5.89	1.63	2.94	1.03	4.59	0.74	0.49	30.71
16-18 years	7.72	0.61	4.55	0.79	5.71	1.63	2.94	0.96	4.45	0.74	0.32	30.43
Man												
19-24 years	8.08	0.92	6.95	0.79	7.50	1.82	3.49	1.71	4.45	1.30	0.57	37.59
25-49 years	5.88	0.92	6.95	0.79	7.50	1.82	3.49	2.07	4.45	1.11	0.32	35.31
50-74 years	5.14	0.77	5.08	0.79	5.71	1.82	3.49	1.14	4.45	1.11	0.41	29.92
75+ years	5.14	0.61	5.08	0.63	5.89	1.82	2.66	1.00	4.72	0.74	0.32	28.63
Woman												
19-24 years	6.25	0.61	6.42	0.79	5.71	1.82	2.57	0.96	4.45	0.74	0.32	30.66
25-49 years	5.14	0.46	6.42	0.79	5.00	1.82	2.57	0.82	4.45	0.74	0.24	28.46
50-74 years	5.14	0.46	4.81	0.63	4.29	1.82	2.57	0.79	4.45	0.74	0.24	25.95
75+ years	4.78	0.46	4.28	0.63	3.57	1.82	2.57	0.71	4.45	0.56	0.24	24.08
Pregnancy(b,c)												
Trimester 1	8.82	0.61	4.81	0.79	5.54	1.82	2.94	0.71	4.45	0.56	0.24	31.30
Trimester 2	8.82	0.61	4.81	0.95	5.71	1.82	2.94	0.79	4.45	0.74	0.24	31.89
Trimester 3	8.82	0.61	4.81	0.95	5.71	1.82	2.94	0.79	4.45	0.74	0.24	31.89
Lactation(c)	9.18	0.61	5.88	0.79	5.71	2.01	2.94	0.86	4.45	0.74	0.32	33.51
Family of Four (d)	26.08	2.76	21.66	3.01	24.64	6.89	11.48	5.32	17.01	3.89	1.54	124.28

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch
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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR LAC LA BICHE, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.66	0.47	3.29	0.19	2.45	0.74	1.26	0.59	3.12	0.36	0.08	17.21
2-3 years	5.02	0.63	3.29	0.19	3.84	0.74	1.26	0.81	3.28	0.36	0.08	19.50
4-6 years	6.81	0.63	4.11	0.57	4.54	1.39	1.82	1.67	3.75	0.53	0.24	26.07
Boy												
7-9 years	6.09	0.63	4.11	0.95	5.94	1.58	1.97	1.40	4.06	0.89	0.49	28.11
10-12 years	7.88	0.63	4.39	0.95	6.29	1.58	2.21	1.44	5.00	1.07	0.65	32.09
13-15 years	8.60	0.79	4.39	0.95	6.99	1.58	2.68	1.89	5.46	1.24	0.65	35.23
16-18 years	8.60	0.94	7.13	0.95	8.04	1.58	3.00	2.25	5.93	1.42	0.73	40.58
Girl												
7-9 years	6.09	0.63	4.11	0.76	4.89	1.58	1.97	1.17	3.90	0.71	0.32	26.15
10-12 years	7.17	0.63	4.11	0.76	5.59	1.58	1.97	1.26	4.06	0.89	0.49	28.51
13-15 years	7.53	0.63	4.39	0.95	5.77	1.58	2.53	1.31	5.31	0.71	0.49	31.18
16-18 years	7.53	0.63	4.66	0.95	5.59	1.58	2.53	1.22	5.15	0.71	0.32	30.87
Man												
19-24 years	7.88	0.94	7.13	0.95	7.34	1.77	3.00	2.16	5.15	1.24	0.57	38.14
25-49 years	5.73	0.94	7.13	0.95	7.34	1.77	3.00	2.61	5.15	1.07	0.32	36.02
50-74 years	5.02	0.79	5.21	0.95	5.59	1.77	3.00	1.44	5.15	1.07	0.41	30.39
75+ years	5.02	0.63	5.21	0.76	5.77	1.77	2.29	1.26	5.46	0.71	0.32	29.20
Woman												
19-24 years	6.09	0.63	6.58	0.95	5.59	1.77	2.21	1.22	5.15	0.71	0.32	31.22
25-49 years	5.02	0.47	6.58	0.95	4.89	1.77	2.21	1.04	5.15	0.71	0.24	29.03
50-74 years	5.02	0.47	4.94	0.76	4.19	1.77	2.21	0.99	5.15	0.71	0.24	26.45
75+ years	4.66	0.47	4.39	0.76	3.50	1.77	2.21	0.90	5.15	0.53	0.24	24.58
Pregnancy(b,c)												
Trimester 1	8.60	0.63	4.94	0.95	5.42	1.77	2.53	0.90	5.15	0.53	0.24	31.65
Trimester 2	8.60	0.63	4.94	1.14	5.59	1.77	2.53	0.99	5.15	0.71	0.24	32.29
Trimester 3	8.60	0.63	4.94	1.14	5.59	1.77	2.53	0.99	5.15	0.71	0.24	32.29
Lactation(c)	8.96	0.63	6.03	0.95	5.59	1.95	2.53	1.08	5.15	0.71	0.32	33.91
Family of Four (d)	25.44	2.83	22.21	3.61	24.12	6.69	9.87	6.71	19.67	3.73	1.54	126.43

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR REDWATER, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.73	0.47	2.91	0.17	2.41	0.74	1.30	0.36	2.73	0.41	0.08	16.31
2-3 years	5.10	0.63	2.91	0.17	3.79	0.74	1.30	0.49	2.86	0.41	0.08	18.48
4-6 years	6.92	0.63	3.64	0.51	4.47	1.40	1.86	1.01	3.27	0.62	0.24	24.57
Boy												
7-9 years	6.19	0.63	3.64	0.85	5.85	1.58	2.02	0.85	3.55	1.03	0.48	26.67
10-12 years	8.01	0.63	3.88	0.85	6.20	1.58	2.27	0.88	4.36	1.23	0.64	30.53
13-15 years	8.74	0.79	3.88	0.85	6.88	1.58	2.75	1.15	4.77	1.44	0.64	33.48
16-18 years	8.74	0.94	6.31	0.85	7.92	1.58	3.08	1.37	5.18	1.64	0.72	38.33
Girl												
7-9 years	6.19	0.63	3.64	0.68	4.82	1.58	2.02	0.71	3.41	0.82	0.32	24.83
10-12 years	7.28	0.63	3.64	0.68	5.51	1.58	2.02	0.77	3.55	1.03	0.48	27.16
13-15 years	7.64	0.63	3.88	0.85	5.68	1.58	2.59	0.80	4.64	0.82	0.48	29.59
16-18 years	7.64	0.63	4.12	0.85	5.51	1.58	2.59	0.74	4.50	0.82	0.32	29.31
Man												
19-24 years	8.01	0.94	6.31	0.85	7.23	1.77	3.08	1.32	4.50	1.44	0.56	36.00
25-49 years	5.82	0.94	6.31	0.85	7.23	1.77	3.08	1.59	4.50	1.23	0.32	33.64
50-74 years	5.10	0.79	4.61	0.85	5.51	1.77	3.08	0.88	4.50	1.23	0.40	28.70
75+ years	5.10	0.63	4.61	0.68	5.68	1.77	2.35	0.77	4.77	0.82	0.32	27.49
Woman												
19-24 years	6.19	0.63	5.82	0.85	5.51	1.77	2.27	0.74	4.50	0.82	0.32	29.41
25-49 years	5.10	0.47	5.82	0.85	4.82	1.77	2.27	0.63	4.50	0.82	0.24	27.29
50-74 years	5.10	0.47	4.37	0.68	4.13	1.77	2.27	0.60	4.50	0.82	0.24	24.95
75+ years	4.73	0.47	3.88	0.68	3.44	1.77	2.27	0.55	4.50	0.62	0.24	23.15
Pregnancy(b,c)												
Trimester 1	8.74	0.63	4.37	0.85	5.33	1.77	2.59	0.55	4.50	0.62	0.24	30.18
Trimester 2	8.74	0.63	4.37	1.02	5.51	1.77	2.59	0.60	4.50	0.82	0.24	30.78
Trimester 3	8.74	0.63	4.37	1.02	5.51	1.77	2.59	0.60	4.50	0.82	0.24	30.78
Lactation(c)	9.10	0.63	5.34	0.85	5.51	1.95	2.59	0.66	4.50	0.82	0.32	32.27
Family of Four (d)	25.85	2.83	19.64	3.23	23.75	6.70	10.12	4.09	17.19	4.31	1.52	119.23

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR ST. PAUL, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	4.90	0.43	3.31	0.19	2.58	0.77	1.25	0.64	3.10	0.40	0.08	17.65
2-3 years	5.28	0.58	3.31	0.19	4.05	0.77	1.25	0.89	3.25	0.40	0.08	20.05
4-6 years	7.16	0.58	4.14	0.57	4.79	1.44	1.80	1.83	3.71	0.59	0.25	26.87
Boy												
7-9 years	6.41	0.58	4.14	0.95	6.26	1.64	1.96	1.53	4.02	0.99	0.50	28.98
10-12 years	8.29	0.58	4.41	0.95	6.63	1.64	2.19	1.58	4.95	1.19	0.66	33.08
13-15 years	9.04	0.72	4.41	0.95	7.37	1.64	2.66	2.08	5.42	1.38	0.66	36.35
16-18 years	9.04	0.87	7.17	0.95	8.47	1.64	2.98	2.47	5.88	1.58	0.75	41.81
Girl												
7-9 years	6.41	0.58	4.14	0.76	5.16	1.64	1.96	1.29	3.87	0.79	0.33	26.92
10-12 years	7.54	0.58	4.14	0.76	5.90	1.64	1.96	1.38	4.02	0.99	0.50	29.40
13-15 years	7.91	0.58	4.41	0.95	6.08	1.64	2.51	1.43	5.26	0.79	0.50	32.07
16-18 years	7.91	0.58	4.69	0.95	5.90	1.64	2.51	1.34	5.11	0.79	0.33	31.74
Man												
19-24 years	8.29	0.87	7.17	0.95	7.74	1.83	2.98	2.37	5.11	1.38	0.58	39.28
25-49 years	6.03	0.87	7.17	0.95	7.74	1.83	2.98	2.87	5.11	1.19	0.33	37.06
50-74 years	5.28	0.72	5.24	0.95	5.90	1.83	2.98	1.58	5.11	1.19	0.42	31.19
75+ years	5.28	0.58	5.24	0.76	6.08	1.83	2.27	1.38	5.42	0.79	0.33	29.96
Woman												
19-24 years	6.41	0.58	6.62	0.95	5.90	1.83	2.19	1.34	5.11	0.79	0.33	32.04
25-49 years	5.28	0.43	6.62	0.95	5.16	1.83	2.19	1.14	5.11	0.79	0.25	29.75
50-74 years	5.28	0.43	4.97	0.76	4.42	1.83	2.19	1.09	5.11	0.79	0.25	27.12
75+ years	4.90	0.43	4.41	0.76	3.68	1.83	2.19	0.99	5.11	0.59	0.25	25.16
Pregnancy(b,c)												
Trimester 1	9.04	0.58	4.97	0.95	5.71	1.83	2.51	0.99	5.11	0.59	0.25	32.53
Trimester 2	9.04	0.58	4.97	1.14	5.90	1.83	2.51	1.09	5.11	0.79	0.25	33.20
Trimester 3	9.04	0.58	4.97	1.14	5.90	1.83	2.51	1.09	5.11	0.79	0.25	33.20
Lactation(c)	9.42	0.58	6.07	0.95	5.90	2.02	2.51	1.19	5.11	0.79	0.33	34.86
Family of Four (d)	26.75	2.61	22.34	3.62	25.42	6.93	9.79	7.37	19.50	4.15	1.58	130.08

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR HIGH LEVEL, ALBERTA ON JUNE 26, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
Child												
1 year	5.61	0.50	3.36	0.25	2.83	0.83	1.52	0.57	3.02	0.48	0.10	19.06
2-3 years	6.05	0.66	3.36	0.25	4.44	0.83	1.52	0.79	3.17	0.48	0.10	21.64
4-6 years	8.21	0.66	4.20	0.76	5.25	1.55	2.19	1.62	3.62	0.72	0.29	29.06
Boy												
7-9 years	7.34	0.66	4.20	1.26	6.86	1.76	2.38	1.36	3.93	1.20	0.58	31.52
10-12 years	9.50	0.66	4.48	1.26	7.27	1.76	2.66	1.40	4.83	1.44	0.77	36.03
13-15 years	10.36	0.83	4.48	1.26	8.07	1.76	3.23	1.84	5.29	1.67	0.77	39.57
16-18 years	10.36	0.99	7.28	1.26	9.29	1.76	3.61	2.19	5.74	1.91	0.87	45.26
Girl												
7-9 years	7.34	0.66	4.20	1.01	5.65	1.76	2.38	1.14	3.78	0.96	0.39	29.26
10-12 years	8.64	0.66	4.20	1.01	6.46	1.76	2.38	1.22	3.93	1.20	0.58	32.03
13-15 years	9.07	0.66	4.48	1.26	6.66	1.76	3.04	1.27	5.14	0.96	0.58	34.87
16-18 years	9.07	0.66	4.76	1.26	6.46	1.76	3.04	1.18	4.98	0.96	0.39	34.52
Man												
19-24 years	9.50	0.99	7.28	1.26	8.48	1.97	3.61	2.10	4.98	1.67	0.68	42.52
25-49 years	6.91	0.99	7.28	1.26	8.48	1.97	3.61	2.54	4.98	1.44	0.39	39.84
50-74 years	6.05	0.83	5.32	1.26	6.46	1.97	3.61	1.40	4.98	1.44	0.48	33.79
75+ years	6.05	0.66	5.32	1.01	6.66	1.97	2.76	1.22	5.29	0.96	0.39	32.27
Woman												
19-24 years	7.34	0.66	6.72	1.26	6.46	1.97	2.66	1.18	4.98	0.96	0.39	34.58
25-49 years	6.05	0.50	6.72	1.26	5.65	1.97	2.66	1.01	4.98	0.96	0.29	32.04
50-74 years	6.05	0.50	5.04	1.01	4.84	1.97	2.66	0.96	4.98	0.96	0.29	29.26
75+ years	5.61	0.50	4.48	1.01	4.04	1.97	2.66	0.87	4.98	0.72	0.29	27.13
Pregnancy(b,c)												
Trimester 1	10.36	0.66	5.04	1.26	6.26	1.97	3.04	0.87	4.98	0.72	0.29	35.46
Trimester 2	10.36	0.66	5.04	1.51	6.46	1.97	3.04	0.96	4.98	0.96	0.29	36.24
Trimester 3	10.36	0.66	5.04	1.51	6.46	1.97	3.04	0.96	4.98	0.96	0.29	36.24
Lactation(c)	10.80	0.66	6.16	1.26	6.46	2.17	3.04	1.05	4.98	0.96	0.39	37.93
Family of Four (d)	30.66	2.98	22.68	4.78	27.86	7.45	11.89	6.52	19.03	5.02	1.83	140.70

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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Appendix A - NUTRITIOUS FOOD BASKET PRICE REPORT

Contents of the Nutritious Food Basket 1997

DAIRY PRODUCTS

Fluid 2% Milk
Processed Cheese
Cheddar Cheese
Ice Cream

EGGS

Grade A Large Eggs

MEAT, POULTRY & FISH

Round Steak
Stewing Beef
Ground Beef
Pork Loin Chops
Pork Sausage
Weiners
Chicken
Turkey
Canned Salmon

MEAT ALTERNATIVES

Canned Baked Beans
Peanut Butter

CEREAL & BAKERY PRODUCTS

Bread, 60% W.Wheat
Macaroni
Rice
Flour
Corn Flakes
Oatmeal Cookies
Soda Crackers

SUGAR & OTHER SWEETS

Sugar
Strawberry Jam
Honey

CITRUS FRUITS & TOMATOES

Oranges (fresh)
Frozen Orange Juice
Canned Apple Juice
Tomatoes (fresh)
Canned Tomatoes
Canned Tomato Juice

OTHER FRUIT

Apples
Bananas
Canned Applesauce

POTATOES

Potatoes

OTHER VEGETABLES

Cabbage
Carrots
Lettuce
Onions
Vegetable Soup
Canned Corn
Frozen Peas

FATS & OILS

Margarine
Salad/Cooking Oil
Butter

MISCELLANEOUS FOODS

Add 10% of total of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

Appendix B - NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY QUANTITIES OF FOOD(a) REQUIRED FOR SPECIFIED AGE-GENDER GROUPS

Age-Gender Group	Dairy Products (litre)	Eggs (no.)	Meat, Poultry & Fish (kg)	Meat Alternatives (kg)	Cereal & Bakery Products (kg)	Citrus Fruit & Tomatoes (kg)	Other Fruit (kg)	Potatoes (kg)	Other Vegetables (kg)	Fats & Oils (kg)	Sugars & Other Sweets (kg)
Child											
1 year	3.25	3.00	0.60	0.05	0.70	0.40	0.80	0.65	1.00	0.10	0.05
2-3 years	3.50	4.00	0.60	0.05	1.10	0.40	0.80	0.90	1.05	0.10	0.05
4-6 years	4.75	4.00	0.75	0.15	1.30	0.75	1.15	1.85	1.20	0.15	0.15
Boy											
7-9 years	4.25	4.00	0.75	0.25	1.70	0.85	1.25	1.55	1.30	0.25	0.30
10-12 years	5.50	4.00	0.80	0.25	1.80	0.85	1.40	1.60	1.60	0.30	0.40
13-15 years	6.00	5.00	0.80	0.25	2.00	0.85	1.70	2.10	1.75	0.35	0.40
16-18 years	6.00	6.00	1.30	0.25	2.30	0.85	1.90	2.50	1.90	0.40	0.45
Girl											
7-9 years	4.25	4.00	0.75	0.20	1.40	0.85	1.25	1.30	1.25	0.20	0.20
10-12 years	5.00	4.00	0.75	0.20	1.60	0.85	1.25	1.40	1.30	0.25	0.30
13-15 years	5.25	4.00	0.80	0.25	1.65	0.85	1.60	1.45	1.70	0.20	0.30
16-18 years	5.25	4.00	0.85	0.25	1.60	0.85	1.60	1.35	1.65	0.20	0.20
Man											
19-24 years	5.50	6.00	1.30	0.25	2.10	0.95	1.90	2.40	1.65	0.35	0.35
25-49 years	4.00	6.00	1.30	0.25	2.10	0.95	1.90	2.90	1.65	0.30	0.20
50-74 years	3.50	5.00	0.95	0.25	1.60	0.95	1.90	1.60	1.65	0.30	0.25
75+ years	3.50	4.00	0.95	0.20	1.65	0.95	1.45	1.40	1.75	0.20	0.20
Woman											
19-24 years	4.25	4.00	1.20	0.25	1.60	0.95	1.40	1.35	1.65	0.20	0.20
25-49 years	3.50	3.00	1.20	0.25	1.40	0.95	1.40	1.15	1.65	0.20	0.15
50-74 years	3.50	3.00	0.90	0.20	1.20	0.95	1.40	1.10	1.65	0.20	0.15
75+ years	3.25	3.00	0.80	0.20	1.00	0.95	1.40	1.00	1.65	0.15	0.15
Pregnancy(b,c)											
Trimester 1	6.00	4.00	0.90	0.25	1.55	0.95	1.60	1.00	1.65	0.15	0.15
Trimester 2	6.00	4.00	0.90	0.30	1.60	0.95	1.60	1.10	1.65	0.20	0.15
Trimester 3	6.00	4.00	0.90	0.30	1.60	0.95	1.60	1.10	1.65	0.20	0.15
Lactation(c)	6.25	4.00	1.10	0.25	1.60	1.05	1.60	1.20	1.65	0.20	0.20
Family of Four (d)	17.75	18.00	4.05	0.95	6.90	3.60	6.25	7.45	6.30	1.05	0.95

(a) Quantities are for food "as purchased". Food is for preparation of all meals and snacks for a week.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Source: Agriculture and Agri-Food Canada

